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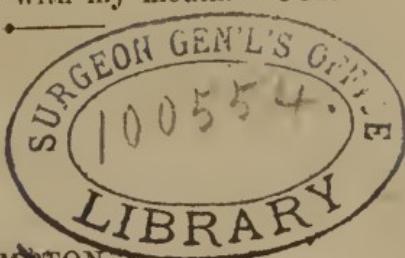
MOTION,—LIFE.

COMBINED AND REVISED FROM FORMER EDITIONS.

BY

H. HALSTED, M. D.

“I would strengthen you with my mouth.”—JOE.



NORTHAMPTON.

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PREFACE TO FIRST EDITION.

THE intention in publishing this brief "Exposition of Motorpathy," is to attract attention to a new system of curing disease, which has been deduced in twenty years' practice, and has proved so eminently successful in removing the most obstinate and unmanageable cases, that I could but desire, that the principle and manner of treatment should be more widely known, for the benefit of the sick and suffering. In this work, this system is more particularly applied to the cure of Uterine diseases, though it is equally efficacious in that of all Chronic diseases, where the structure is not destroyed. The application of this principle of treatment to acute diseases, has not been so widely tested, but in as far as applied no indications have been presented of less successful results. The Pathology of disease and Therapeutic effects of remedial agents are the same, as are generally known in the Science of Medicine; it

is only the *primary cause* of disease and the peculiar application of Therapeutical agents in reference to this principle, which I claim as a discovery. The evident marks of haste, which will be noticed on perusal, are unavoidable owing to the pressure of business; but a word to physicians, making known to them such a system and its great success in curing the most unyielding diseases, will be sufficient to induce them to examine and prove its merit. Wishing for the forbearance which I hardly dare hope to receive, I can only trust in the integrity of my desire to contribute a little even, to the alleviation of human suffering.

H. HALSTED.

ROCHESTER, N. Y., Halsted Hall, January, 1853.

NOTE.—In April, 1854, Dr. Halsted purchased the Round Hill Water-Cure, Northampton, Mass.; and his labors since have been centered in that locality.

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MOTORPATHY AND MOTION,—LIFE.

CHAPTER I.

Motion.—Its existence in Minerals, Vegetables and Animals.—Man a Complex Being.—*Substantia Prima*.—*Vita-Motive* Power.—The Brain.—The two Recuperative Principles.—Disease caused by Loss of Motion.

AMONG the many evidences of life, are there any so forcible as that of motion? So instinctive in the mind is the connection between life and motion, that, wherever a child sees continued and active motion for the first time, it immediately personifies the thing as a living object, and gives to it a motive to action; saying, “What for does it do” this or that. The story of the watch being taken for a live animal by the savage, is familiar to all.

Inertness or immobility naturally suggests the idea of death, in an object which we have been accustomed to see alive; and unadaptedness to the reception of life, or the impossibility of vivification in that of others. Hence the term “dead matter,” and many similar forcible expressions in common use. Hence also, by contrast, are such epithets as “full of life,” applied to objects which manifest great activity and vigor.

Strange that this, so obvious a sign of life, should have been suggestive of so little. It has become the custom in a would-be wise and artificial age, not to look at the obvious quality and meaning of things, but to close the eyes to what is plainly visible, and seek for some hidden cause, that thereby may be displayed superior penetration and research; — as though simple truths were without power or merit.

Hence this obvious sign of life, motion, has been suggestive,

of so little, either in reference to man's body, to his temporal or his spiritual welfare ; when not only is it the most apparent but the most far-reaching principle in them all ; and has its correspondence in everything which regards him. What is the body without motion ; what is thought without action — knowledge without uses ?

Were it possible for a man to possess a great truth, and yet be incapable of reducing it to practice himself, or of conveying a knowledge of it to another being, whereby in process of time it might be suggestive of some use, it is evident it would be as a thing unborn. At best the truth was but in embryo, and never possessed a separate life. How many truths does man strangle, to the one he brings to the birth ? The best of us must plead guilty to the charge of knowing far better than we do. How much would knowledge itself be increased by giving action to all our best thoughts — by nurturing them until they take shape in conviction, and then by giving them birth — life in action !

In the body politic, what would government be without the execution of laws ? Commerce without an exchange of commodities ; polities without a clashing of opinions ; society without an intermingling of interests, and an interchange of kindnesses ? As in all these, motion, in some sense, is necessary to their existence, so also in the body of man, life cannot exist without it.

That there is no manifestation of life without growth or increase, and that by the absence of life, decay and decomposition take place, are facts so universally conceded, that it would be futile to attempt to prove them. It is equally conceded, that this growth or increase in the natural world, as well as the purity of the elements, air and water, depend upon a constant change or motion of their particles, or the substances of which they are composed. Geology shows that the particles of which minerals are composed, change place, each seeking its own particular affinity and depositing itself there. The rocks which

have stood for ages, and can count their date from the dawn of creation, are not without motion ; for wherever there is attraction, there must be motion. The very idea of formation, presupposes motion.

In the vegetable world, this principle is still more apparent. If there were no change, there would be no growth. A small seed is planted in the ground ; it germinates and springs up ; it becomes a tree, bearing leaves and fruit. How has all this growth and stately appearance been accomplished, but by the inevitable law of motion, dependent upon an innate principle of life, which is manifested in all the forms of creation ? There was a continued deposition of minute material for assimilation, and an absorption of the useless particles of matter. All the particles of its composition are in a state of ceaseless change. The fluids are coursing along the minute avenues through the trunk and branches, giving out vegetative life by assimilation to every part, until all which is available for its growth or preservation, is used up, at the same time the refuse matter which has served its purposes of nourishment, is cast off ; perhaps escaping in the form of gas, ready to unite with something else, and give out its invigorating or destroying influence, as the case may be. Girdle that tree, and what is the consequence ? The circulation of its fluids is stopped ; derangement in its vegetative health and growth ensues ; it droops, withers and dies. The same process is going on in every department of the vegetable kingdom — in the mosses, as in the towering tree, in the grasses and in the grains, in the low flowering plant that scarcely lifts its head above the mother-earth, and in the one that requires a century's growth before it can reach its blooming perfection.

The same principle is manifested in the element of water. There is a continual motion occurring, not only in large bodies as tides, but also in the atoms of which it is formed. It takes place in the murmuring rivulet, as well as in the foaming cataract — in the placid stream as well as in the surging ocean. If

this free motion is obstructed or prevented, in the same proportion the water becomes stagnant, decomposition takes place, and the pestilential effluvia and noxious miasm is sent forth, as a consequence.

As we approach the animal kingdom, the same law of ceaseless motion, as the source of healthy organization and development, is still more apparent. Motion is the starting point for the aggregation of cells in the embryo animal, and continues to be the governing law of healthy development, through all the progressive stages of the animal creation, up to man.

But when we come to speak of man, we are not to consider him as merely a chemical, mechanical, or physiological being; but as a higher order of creation. In him the phenomena of life "belong to a class of facts, and constitute a subject of investigation, altogether distinct from those which are presented by any forms or changes" of animate or inanimate matter. Although it be true "that all vital actions are attended by, and in part dependent on, a series of continued chemical changes," yet the "chemical changes of animated nature are as distinct from those which we produce at pleasure in dead matter, as the stimulations by nerves and the contractions of muscles are distinct from any of the principles and powers of mechanics." All those functions which necessarily require a mental act, can "derive no elucidation from any thing that is ever seen in the inanimate world." If we would have a rational foundation for science, we must look not only beyond the pale of inanimate matter and vegetable life, but beyond mere animal existence, and consider man as possessed of motive powers, proceeding from a principle within and above animal organization, by which, and only through which, many of the phenomena occurring in the human system can be accounted for. All the principles that govern his existence, are to be recognized, before any definite knowledge of the functions of the living body can be obtained. It is true that a principle of life is manifested throughout crea-

tion. But it is not our province at this time to trace the varieties of "organization and vital phenomenon, throughout the different orders of animals," or to explain their proximity to man, and the differences existing between them. We have only to do with the functions of the living body, as seen in him, and the operation of the causes which produce a healthy or diseased state of his frame.

In considering, then, the complex state of the living man, it must be remembered, that the body acts only while it is the home of the indwelling spirit ; and that there is a perfect correspondence existing between the inner and outer man — that the spirit fashioneth for itself a tabernacle adapted to its connection with the external world — and that spirit is the "*substantia prima*," or first substance of the body, and as the "formative substance, it draws the thread from the first living point, and continues it afterwards to the last point of life ;" and consequently derives its being from a still Higher Source. Cognizance of this first principle should be taken, when considering the physiological phenomena of the natural man ; and except that acknowledgment is made, much of the phenomena of disease cannot be accounted for.

We come now to the consideration of a principle which was discovered in the seventeenth century, and on which various speculations and hypotheses have arisen, respecting its influence on the fundamental changes taking place in the human system. It has received a variety of names, as nervous fluid, electro-animal magnetic power, ether, animal spirit, and vital principle — but we shall designate it the *vita-motive* power of the body, and recognize it as the principle which is the connecting link between the *prima-substance* and the grosser parts of the body. This *vita-motive* power is a production of the cortical substance of the brain, and, as Malpighi remarks, is carried "from the cortical glands into the *medulla oblongata*, through little channels proceeding from every separate gland ;" and through the

- medium of the *medulla oblongata* and *medulla spinalis*, is emitted into all the medullary fibres or origins of the nerves, runs through the most diminutive and attenuated vessels, stamina, and fibrules, and traverses and supplies with spirit power every living point and corner of the body. "The circulation of this fluid establishes a communication between the fibres and the vessels," and between the vessels and the blood; and by the relation existing between the vessels and the circulating fluid, constitutes the attractions and repulsions of the body, and by entering into the composition of the blood, "constitutes the essence of the life and activity" of that fluid. It is owing to the presence of this principle, that the affinity exists between the assimilated matter in the blood, and the vessels by which that matter is taken up and deposited, or between the excreting material already existing in that fluid, and the vessels by which it is evolved or separated.

Thus, in the embryo formation of the human species, the brain is the first thing recognized, and the proportion which it bears to the body, although continually decreasing, as the foetus progresses in size, is at four months, several times larger than in the full grown man. The brain at this time, (in a foetus of four months,) ceases in a great measure to grow or expand, and a process of thickening, or consolidation of its substance, commences, which continues up to the time of birth. Notwithstanding this cessation of growth, the size of the brain in the new-born infant, as compared with the body, is very much larger than in the child of a few years old; and the proportion of the brain in a child of a few years old, is still much larger than in the adult person; showing conclusively, the prior necessity of the brain, in its great preponderance during that period of life, when the vital powers are stimulated to their greatest activity for the supply of the wants of the increasing body, by the assimilation of the elements necessary to its consolidation and perfect development. So that first there must be a prima-sub-

stance capable of drawing from the vital system of the mother, the material for constituting a brain, for the production of the *vita-motive* power necessary for diffusion into every vesicle and minute point of the body, and through them into the circulating fluids. Secondly, the brain must be nourished and supported by the same means that every other portion of the body is; which is by assimilated foreign matter, introduced through the medium of the stomach, lungs and skin ; and by means of this stimulating *vita-motive* power on the one hand, and the nourishing, reproductive power on the other, a continued action is established.

This continued action between these two fundamental principles of the body, constitutes the law of perfect motion, in all the particles of which it is composed. There is no such thing as rest in any of the materials entering into its composition. It is one perpetual round of change. By the vitalization of every part and portion of the body, through the direct subtle agency of the *vita-motive* power, the system is prepared for the reception of foreign substance, and stimulated to chemical and vital action upon what it receives. Assimilation and sanguification take place, and then, through the agency of the vital affinities, it is deposited in the needed place, whether that be in the framework of the body, in the bones, or in the hard and enduring muscle — in the lungs, or other viscera — or in the more delicate fluids ; and when the nourishing and invigorating principles of whatever is taken into the body, are separated, the remainder is thrown off as useless matter. When these recuperative forces are equal — acting in harmony — perfect motion and perfect health is the consequence. Hence the influence of well developed brains especially when the cortical substance is large in proportion to the medullary, in resisting the encroachments of disease. Hence, also, the underlying principles of Motor-pathy, which have developed the fact that perfect motion and

perfect health are co-existing circumstances in the body, and that by a loss of the former, a loss of the latter follows as a consequence. The philosophic remedy is the restoration of that perfect harmony of motion.

A cause is found in the *vita-motive* power for all the involuntary as well as the voluntary actions. The action of the internal viscera, the stomach, the heart, lungs, and circulating fluids, depend upon the presence of this principle. In recognizing the *vita-motive* power as the means of connection between the inner and outer man, the relation existing between mind and matter, and the influence the one has over the other, is clearly understood. The brain being the organ through which the mind manifests itself, and also the producer of the *vita-motive* power, the mind becomes an impetus to that power in diffusing it through the body. When the cerebrum is large, and the brain of a fine quality and texture, the cortical portion of it maintaining the ascendancy, and the other parts of the body being harmoniously developed, the amount of motive power produced, and the impetus given to it, will be very great; the brain will be intensely active, the manifestations of the mind, both mental and physical, will be strong, the resistance to disease powerful, and health and longevity greatly increased.

Though the principle here designated the *vita-motive* power, has been acknowledged as the vital essence; yet the necessity of a reciprocal action between the two recuperative forces of the body — the *vita-motive* or propelling power supplied by the brain and the functions of the absorbent system, which furnishes material for the reparation of waste and expenditure — has not been understood. It is upon the harmonious, reciprocal action existing between these, that health depends. Destroy that balance of motion, or interrupt that harmony of action, and disease is the consequence. If this proceeds to the destruction of the affinity between the two forces, death ensues. A careful

consideration of the appearances that disease puts forth, and a collection of observations and facts from the living subject of health and disease, during many laborious years devoted to the alleviation of human suffering, have led to the discovery of these principles on which the system of Motorpathy is based.

CHAPTER II.

Ling's System, Kinesipathy.—Success of Motorpathy in Diseases of Woman.—Her Erroneous Treatment.—Baleful Use of Supporters.—Sympathy of Brain with Diseased Organs.—Woman's Physical Education.—Necessity of Reform.

IT was a coincidence worthy of remark, that at the same time that these facts were being noted in America, and were leading to the discovery of these principles, and this new method of treatment was gradually developing itself by the experience of its adaptation to the cure of individual diseases, a system somewhat analogous sprung up in Sweden, by Ling, which now meets with many advocates in England. It would seem to indicate, that when an age is ripe for a discovery, the truth is suggested to more than one mind, and that more than one laborer is sent into the harvest. In this instance they came to different sides of the field, and the one knew not of the other's existence. Wilkinson in his late work on "The Human Body," *London edition*, speaks thus of the system :

"We turn our attention to the muscles of medicine, or to that method of cure which only lately has appeared among us, under the designation of *kinesipathy*, or the Swedish Medical Gymnastics, and which already ranks among the most important means of removing chronic symptoms of disease.

"For the modern development of artificial analytical exercise, as applied to the treatment of disease, we are indebted to Ling, the Swedish poet, whose system has now been practised with success for more than thirty years in his own country. This Ling was a stern but versatile genius, worthy the Scandinavian name — worthy of the land of Eddas, Sagas, Gustavuses, the world's best iron, and its Swedenborg. He had read in the ancient lore of his country the record of a mental and bodily prowess of uncommon virtue. The doings of kings, jarls and vikings in the olden time, when the sea rovers sallied forth with the summer, and astonished the effeminacy of the known world

with their strong arms. And the thought occurred to him, that it was possible by knowledge well directed in practice, to combine the muscles of ancient heroism with the civilization of to-day, and in the physical frames of his Swedes, to re-enact the days of Snorro and Hakon Jarl in those of the fourteenth Charles. In short, taking his cue from ancient Greece, he sought, by gymnastic exercises, to compensate for the bent backs and dwindled muscles that modern pursuits and commonplace existence have produced. He stood in the age like a kind of human Hecla, reminiscent of the valor of a thousand years, and pouring fourth a flood of incentives to his race, to emulate the strength of their sires. His verse breathes with a Homeric spirit of combat, with a delight in the good science of the strokes, as well as in the death of the foe. It has the harshness and boldness of a muscular rhyme. His harp was ‘strung with bear’s sinews.’ But it is not with his gymnastics in general that we can meddle, but only with their medical part; we have touched on the other, because the subject is less known than it deserves to be in England, and our sign-post may direct the curious on its way.

“It is told of Ling that, when a youth, on one occasion he was weary of life, and like a bad boy he wandered slowly on a biting winter day, as thinly clad as possible, half a Swedish mile into the country, in the hope of catching a chill which would terminate his existence, without his being guilty of the immediate sin of suicide. He, however, only took a common cold in the head, which led him to his first reflections on the human frame, and the means of rendering it hardy. On another occasion, when suffering from rheumatism in the arm, he instinctively rapped the part with a ruler which he held in his hand, and found that he cured the pain; this natural experiment, it is said, was the occasion of Kinesopathy.

“This art consists in applying external motions, passive and active exercise, to the body; and in rendering these so special

as to operate on the various inward organs, or on parts of them specifically.

" Posture, friction, percussion, motion, are all made use of; and already as many as two thousand different movements have been devised for the purpose of operating upon the failing powers within. There are languages of nudges, to remind brain, liver, spleen and all, of their neglected duties. The effects produced approve the plan, and stamp it as an art and science. It is admonition, contact, exercise, pursued into details, whereby disease is literally *handled*.

" Perhaps there is no malady but tends in some way to alter the bearing, posture or general *status* of the body. In acute cases this is plain. We groan, writhe, wriggle, wince, shake, crawl, creep, dance, and so forth, with our agonies and discomforts, shewing that disease is a complete posture master, and very good sergeant, whose drill is for the purpose of relief and cure. Very small areas of disease have, corresponding to them, large movements in the system; and if we understood the movements we could by re-action play upon the parts and particles of the organs. If a special wince or twist arises primarily out of some one place, then by comprehending the twist, and producing it artificially, we get at that place exactly, were it no bigger than a pin's head. Here is precise gunnery,— hitting disease with a fine arrow. Again there are instinctive movements of the hands towards afflicted parts of our frames. We rub ourselves with organic pity, like dumb animals, where the deep flesh is ill. This is nature working for us, and shewing us the beginning of a manual science of soothing, traction, nudging, and so forth, the detail of which is *Kinesopathy*.

" We have been greatly struck with the common sense which dictated the Lingian art, and with the excellent unexpected results which flow from such simple means. Exercise is often demanded, not so much for the whole frame, as for particular organs. For instance, a sluggish liver may refuse to resume its

functions under the general stimulus of a walk. The kinesiapist exercises the liver itself; by his jerks and suggestive poking, he commands it to make bile, and sure enough the liver does make it. By a like preciseness of application, he cures sluggish bowels. He exerts the physical force of cure with the gentleness of art and science. He strengthens special muscles by adequate ingenious exercises. He cures hot heads and cold feet, by briskly rotating the feet upon the ankles, steadying the limb by grasping its lower part. And so forth. This is evidently the *ultima ratio* of treatment in chronic diseases.

" In paralytic cases, where the nervous derangement is only functional, kinesiopathy is found to be an effective mode of cure. Its doctrines here, as we read it, commends itself to our acceptance. Where a power has been lost, but its potency is left, it is as though the power had never been developed. A palsied man of this kind has forgotten the art of the use of his limbs, and has to learn it afresh. He is an adult in those parts where his power lies; a baby in the paralyzed tracts. The medical gymnast undertakes to teach the latter, first how to creep, and then how to go. He commences by passive movements,—nursing, fumbling, and so stimulating the helpless large infant limb; and by degrees a little reaction against him is perceived. He then makes more extensive movements, stretching the muscles, and producing further reaction; and finally he commands the resistance of the patient, and then by his superior force slowly overcomes it; in all these processes steadily keeping in view the end, of educating the limb into self-reliance, or as we term it, sense of power. Many an old paralytic is cured by these apparently trivial means; the mind and will which had alienated themselves, are coaxed back into his arms and legs. * *

" The results which have followed this art, are so great as compared with the slightness of the causes set at work, that some have suspected a mesmeric effect from the operator to the patient. It may be so; but at any rate there is a moral cause

involved, whieh we think is to be taken into account in all such proeedures. The patient feels that something is being done for him ; that another human being is active and anxious on his behalf, and does not disdain to toil for his bodily restoration. To many a siek man this is an element of health ; so that the bad pun by which I have heard Kinesipathy changed into *kindly sympathy*, conveys a serious truth. I even deem that the dumb hidden organs know the touehes of a brother's hand and heart, and are organieally comforted by them ; for they all have feelings of their own, and spirits.

" This points to a defect in mere drug medicining ; a physician writes a prescription and leaves it ; he has done nothing ostensible to the sufferer, still less to the viscera and vitals of his patient ; and the *rapport* between the two persons is very feeble, and by no means of that fraternal warmth whieh is eurative wherever it is truly experieneed.

" Ling's system has the merit, a great one in our eyes, of continuing practiees that have existed in nearly all nations, from India to Sweden ; for rubbing, shampooing, and various forms of gymnasties are almost as widely diffused as language itself. Nor until of late ages has gymnasties disappeared from formal medicine. Kinesipathy replaees it there, and in sueh a shape that we are emboldened to hope, from what we know of itself and its advoeates, that it will never eede its place again.

" Ling's aim was nothing less than the physical education of man corresponding to the mental. This banch is deserving of an attention which it has not reeeived. To our mind, no school ought to be without a physical inspeetor ; if offieial, so much the better. In the plastic period of youth, physieal defects and awkwardnesses may be eorrected, which are past relief at a later time. The bodies of boys and girls ought to be developed by inspection, instruetion and emulation, and espeeially by the universal means of dancin, fencing and the politer movements. Greek and Latin are of less importance to youth than a *corpus sanum* out of whieh all manifest unseemliness has been weeded."

There appears to be no intimation that Ling's theory was founded on the same principles as those on which Motorpathy is ; neither that it has been particularly successful in the cure of diseases incident to WOMAN. In this field, Motorpathy has as yet won its brightest laurels. In the treatment of these diseases it not only rejects all popular supports and appliances, but pursues a course of treatment diametrically opposed in every particular to that in general use. The harsh remedies of the old school are thrown to the winds, and a system of soothing instituted in their place. Where rest has heretofore been enjoined to the complete prostration of the physical powers, under this new method, the patient is made able by active vitalization to be put upon her feet, and to go through a system of gentle exercises not only without injury, but with comfort, and greatly to her benefit. The rapid cures performed by Motorpathy on cases which had lingered for years under the old system of treatment are the test, whether that or this is founded on the truly scientific principles. "By their works ye shall know——" We are more than content to bide that test.

One reason, probably, of the silence of the advocates of Kinesipathy on this head, is, that these diseases are not so frequently met with in Sweden and England, as in this our favored land. Favored indeed it is, in everything but in the health of its inhabitants. But what with our fast way of living — the ease of commanding luxuries, and the universal indulgence in them — the habit of doing things by fits and starts, at one time crowding as much exercise and excitement into a few weeks or months, as should be taken in a whole year ; at others, from the languor consequent upon over exertion, or from sheer idleness, passing months with comparatively no exercise, and thus allowing the powers of the body to sink into decay, disease has come to be a household blight in America. And especially over the loveliest and best half of humanity, over our wives and daughters, does it have a lamentable sway. If Motorpathy had no other claim to merit than that it

has displayed in rescuing woman from disease, it would still be one of the great blessings of the age. But should it come to enter as a prevailing element, into the educational department, its power to bless would be past imagining.

The causes which have conspired to make woman the frail, delicate, suffering being she is, are numerous. They are principally entailed upon her by the usages of society — by her false education, which has curbed and weakened, instead of harmoniously developing her physical powers, and causing a well-balanced activity in the functions of every organ — by the false popular ideas of treatment, and, (pardon me if I say it,) by the false therapeutic agents of physicians themselves.

Rest, in a horizontal position, more or less strictly enjoined, is universally prescribed in many of her weaknesses and diseases. It is a well known physiological fact, that a muscle or tendon, if denied use, loses its elasticity, and becomes relaxed and weakened, or contracted and rigid, which in either case, unfits it to perform its natural functions. The operations of nature should never be taken out of her hands ; we may aid, but should not endeavor to supersede her. Therefore the practice of keeping the patient in a recumbent position or with the hips elevated, cannot be too strongly deprecated. Let all of woman's powers be invigorated, rather than weakened. She is prone enough, without her physician's counsel, to sink under disease into a state of immobility.

An interested advocate for supporters, remarks that "every delicate lady, and in fact every female, should have a perfect and a pleasant and well-adjusted supporter at her command. That some ladies should wear them one month in a year, and others are required to wear them nearly all the time." By advice like this, too often by the physician as well as the vender, it has become a fashionable thing for ladies, if they are sick, to wear a supporter; and if not, to wear one for fear they will be. By the use of them, weakness and inaction of the bowels, spinal diseases and other difficulties are very much increased.

Suppose the strong, muscular arm should be bandaged one month from the shoulder to the wrist. Would it not be debilitated and weakened at the expiration of that time? Or suppose it had become weakened from some cause, and a physician should order it to be kept in a nicely-fitting steel case for a year, that it may gain strength. Would not every rational person denounce the direction as unwise and unnatural? It is not more so than the idea of strengthening weakened abdominal muscles by the constant wearing of a "nicely-fitting and well-adjusted supporter." Reason teaches that to strengthen a muscle, it must have use. And how is it to obtain use — motion — while continually lying in a horizontal position, or tied down by the pressure of a supporter?

Owing to the delicacy of woman's organization, the legitimate control of her brain over her body is often invaded by strong sympathetic currents from diseased organs; and giddiness, loss of memory and confusion of ideas are the consequence. The sufferer becomes unable to read or apply the mind attentively to any subject for more than a few consecutive minutes.

Her wit, vivacity, and brilliancy of intellect, gradually fade. All the powers of the mind become weakened, and sometimes she becomes almost imbecile. Fretfulness, peevishness and unkindness take the place of amiability and affection. The mother who was once all devotion and love, managing her household with cheerfulness and composure, becomes complaining, peevish and irritable. The wife changes from the ardent, loving, self-sacrificing companion, to the exacting, upbraiding and selfish invalid. Cares are unbearable, and life becomes a painful burthen.

In such cases, the physical system alone should not engross the physician's care, leaving the mind to regulate itself. For though there are cases of strong-minded persons in which this will be accomplished; yet, in a vast majority of protracted complaints, where the balance between the mental and physical powers is lost, much is gained by treatment given in direct refer-

ence to both. In some, the mental activity becomes intense, and should be reduced ; and in others, it is so obtuse as to cause the whole body to languish and droop, because the natural impetus which gave it life and action is withheld, or meted out so sparingly, as to barely hold the mind and body in trembling conjunction.

The mind should be restored to its normal action, and by proper food and stimuli made to maintain its just ascendancy, before the health can be fully established.*

* Many physical changes of structure may be regarded as organic insanities or spells, which only require the right word from the physician to dissipate them ; and although, if they went on, they would kill by their virulence, yet are they curable by a simple impression from without. Next to the self-control of the patient, which is the top of mortal medicines, we may justly reckon this control of the doctor, who makes use of his own health and knowledge to give faith in the moments when it can be received. * *

It surely points to human agency all through disease, when we find that monomanias can be given or removed in a moment, by the suggestion of another from without ; it points to a scientific theory of the influx of ideas from other men, visible and invisible, as an account of the outward supplies of life. * * * * *

It is suggestive of a new *personnel* in the bearing of the physician. It seems to show that there is scarcely a case in which the latter should not do something actual beside the administration of drugs ; for the sick organism expects to be handled. It also proclaims to us what an artistry should be cultivated by those who practice medicine ; what tact should electrify their fingers, what resolve should vertebrate their words, what cordials should drop from their mouths, what airs of reassurance should surround them, and how ease and cheerfulness should radiate from their presence as they move from bed to bed. To simplify all this to them, they must verily believe that medicine is the daughter of heaven, and that they live to be inspired and to inspire.

We do not mean that the character of the good physician should be the corollary of any jugglery, however useful for a time, or that he should cure ultimately by impressing imaginations upon his flock. We only use these as signs pointing to a truth. What the physician should be, I dare not attempt to sketch. But I see that already he is called out of the ranks as the most humane man of his time. I see that he wants the largest faith, in addition to the largest science ; gentleness and sternness moulded together, as the lamb with the lion. Nor can heroism, using all the rest as a resource, be dispensed with, to the very brink of death ; for while there is life there is hope.—*Wilkinson.*

If a proper balance between the mental and physical system was originally wanting, man is not a God to create what never existed. But an approximation to a balance of motion may be obtained by skill and proper management on the part of the medical adviser, and persevering effort by the patient.

Young women, by their erroneous physical as well as mental training, are often the victims of disease. Their sunken eyes, pallid cheeks, attenuated forms, and sallow skins, proclaim it. Beauty flies at its insidious approach, and happy cheerfulness is dispelled by its poisonous breath.

Erroneously educated from childhood, woman is constantly disobeying nature's laws, until sickness and suffering have become the watch-words of her life.

True it is, that all must pass away ; that the present sphere of existence is not the abiding one ; and that by the habits civilization has established, disease has been made the passport to that land beyond, whose portals are pierced only by the eye of faith, and from whence no tidings are received save those which fall from the tongue of prophecy. But this is no reason why sickness and suffering should be the accompaniment of life, through all its stages ; or why, when constitutional habits predispose to chronic disease, the invalid should languish for months and years prostrated upon a bed, or confined in-doors.

When Motorpathic principles are understood and put in practice, no such necessity will exist. The helpless victims of the so termed incurable diseases, will not be told to gird the loins with patience and suffer on, because for them there is no help. But rather, wise physicians will buckle on their armor, and furnish them with weapons, with which they shall battle with their disease, and win the victory.

CHAPTER III.

Health a perfect balance between the two Recuperative Forces.—No one remedy or course of treatment can cure all diseases.—Motorpathy.—Cause of prostrating effect of disease attacking Alimentary Canal.—Dyspepsia.—Broken-down Constitutions.—Liver Complaint.—Bilious Diseases.—Chronic Diarrhoea.—Scrofula.—*Wilkinson on Health.*

Loss of harmonious action may be produced in a variety of ways, and may originate from internal or external causes. It may be, that what is taken into the stomach is of such a nature that chylification can be but imperfectly performed, and therefore the assimilation is hindered ; or it may be that the quantity taken is so great as to overtax the *vita-motive* power ; or to withdraw it from other portions of the system, leaving them languid and but partially vivified, that its main force may be expended upon the stomach in assisting it to free itself of the load imposed. In either case, the attractions and repulsions are impeded, and the forces thrown out of balance. Hence we find that food of an improper quality or quantity is a prolific cause of disease, and why indigestion produces such an excessive and complete derangement of the whole system.

Suppose an individual has arrived at the age of puberty, with every part of the system well developed and nicely balanced. He has been educated physiologically and psychologically, with direct reference to the laws of health and the preservation of life ; no one thing is in excess ; perfect, complete, harmonious action, exists in every atom which composes his frame. At that age he commences an excessive indulgence of his appetite. Food and drink are thrown into the stomach, which in quality are innutritious, because difficult of digestion, and requiring much *vita-motive* power to accomplish it ; and the quantity is inordinate, making a large mass to be disposed of in some way, which, notwithstanding the large amount of vital force which the stomach calls to its aid, at the expense of other vital operations going on in the system, is but imperfectly chylified. In consequence, unassimilated matter finds its way

into the circulation. Here it remains as a foreign substance, unfit for the uses of nourishment, clogging the vessels by its presence, until it is deposited in some part of the body, where its unadaptation to the wants of the part, causes it to create irritation and engender disease, until the *vita-motive* power stimulates the lymphatics to take it up and expel it from the system. The recuperative forces being strong and vigorous, they will for a time resist the injurious effects of this undue amount of labor imposed upon them. But the retention of unassimilated matter, which is no better than poison to the body, will eventually have its influence. This may be slight at first, but the continued deposition of unhealthy material for the renewal of worn-out matter, will gradually accumulate, until every part of the system suffers from the presence of such material, and the attendant derangement. The blood, from its loaded state, cannot circulate freely. The brain not being nourished by healthy material for its renewal, its capacity for producing the *vita-motive* power is diminished, and thus there is a continued decrease of action in both forces. This constitutes a loaded state of the system favorable to the development of contagious diseases, fevers and inflammations. If the excess is more gradually entered into, it may result in a general delicacy, want of strength, and languor of body. If there be a predisposition to disease in any particular organ, the impurities will be deposited there, and the disease will manifest itself according to the particular causes which operate upon the individual, for there are no two persons situated or constituted alike. All have their own peculiar idiosyncrasies, often derived from birth, if not from the circumstances by which they have been surrounded, and their habits of adaptation to them. The cause which in one would produce dyspepsia, may develop in another scrofula, in another pulmonary disease, and so on through the whole catalogue of organic diseases.

When the balance between the two forces has been so imper-

feetly imparted to the child in embryo, as never to act in harmony, it constitutes an hereditary diathetic state of the constitution, which predisposes to certain diseases. The weakest organ of the body is usually first affected, and remains the primary seat of disease, around which often cluster innumerable secondary affections. Another fruitful cause of disease, is the breathing of impure air. As the blood is unfitted for the uses of circulation until decarbonization takes place in the lungs, where it is brought into contact with the respired air; and as decarbonization takes place but imperfectly, unless the air be pure, it shows the necessity of this element in its purity, as an aid in the support of motion. Whenever the blood becomes impure, from whatever cause, it is in so far unfitted for the nourishment of the body, and, in consequence, the harmony of action between that and the *vita-motive* is disturbed.*

* It seems as if inertia were so tied to motion, pain to pleasure, and imperfection to perfection, that they tend to run out of themselves, and to seek something beyond them to which we give the general name of health. * * That this is our proper nature is a problem admitting different solutions; but that our bodies feel disease as a grievance, admits of no doubt whatever. * * * * Through all disease we look wistfully after soundness; from the depth of incompetency aspire to strength, and long to be *well* through our little day, that duty and pleasure may not be stunted in our hands, but enjoy their legitimate proportions.

We seem to know, sentimentally, what that general health would be which we desire. To fill our places in the world and to love to fill them, are the best ends of our aspirations. To be so organized, or so minded, which you will, as to be spontaneously able and cheerful in our labors, at the same time that those labors are not only our choice, but the wants of the time. This includes the rapid direction of every muscle in the private to the public service; the bending of sense straight to the object in hand; the limitation of sensibilities to the occasion, or the running of life in the pipes of duty; and finally, the control of the all-controlling mind under a genius which is called felicity, when its works come forth with complete adaptation to the time and space which they are to fill.

Health, in short, by the old definition, (and we know of no better) is harmony in its most considerable meaning—harmony of the parts of the body with themselves—harmony of the mind with the body—and harmony of both with the circumstances and ordinances into which we are born: harmony also of the human frame with the climate that it inhabits, and with

The necessity of the *vita-motive* power to stimulate the circulating vessels — to propel the so-called vital system to healthy action, is plainly manifested in a paralyzed limb. All the sanguineous and absorbent vessels remain uninjured, and filled with

external nature in its variety. The science of health, then, is ideal physiology and psychology, and the art of healing embraces the means that may conduct us from the present or any state of unhealth to that picture in the clouds which we cannot give up if we cannot reach it—the means which may gradually make some part of our ideas real.

There is, of course a dark side obverse to health, in the existence of innumerable maladies and diseases which beset human nature; otherwise health would not have been heard of, but instead of it, existence full of the play of power, and of the power of play ; but upon our present experience as a back ground, pain, which is the writhing and restiveness of the human form away from, and against disease, sketches out with the pencils of hope and desire, the lineaments of a bright possibility. In this light we look at health from disease, which is perhaps its only point of view. For, as we said before, if that ground be left, the name of health becomes too negative, and perishes; and in its place, other substances arise, such as joy, love, activity, and all those states which are blessings irrespective of bane. In that case we do not think of state, but contemplate action ; and valetudinarianism ceasing out of mind and body, leaves us free and fearless for our business.

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To be well with the world of this hour, and equal to the existing situation, is a demand which is always changing, and health must be flexible to meet it. For health implies a perpetual self-adjustment of a new needle to a new pole. And thus however high we rise, the problem of health or some difficulty of being well, may be expected to recur to us. The beasts are better off, and worse. They are acclimated from the first, or if they need change of air or season, they are naturally bi-climatic. Then again the cup of their heart's blood is measured to objects, and they are drunk with no desires but those which nature prospers. Their muscles also are full of spirit and do not tear from contrariety of minds. * * In a word, their potent life burns up sickness, and makes medicine of little avail, excepting indeed in those cases where a false domestication de-naturalizes them. So far they have a superior lot, and earth is their heaven. But on the other hand, brute life and health are not enviable for us. The beasts are nature's simpletons, who are pleased with a little, and that little of the lowest order. They are well with their world, because it is so single and small. Could they have another shown them, by those other eyes which we possess, they would pant and struggle as we do to the ever new adjustment. Instead of living on the bare surface, they would dig in the mines and build up the palaces of sanity. Such is undoubtedly the cause and object of human diseases,—to carry us deeper and higher than brute health can go; or to make the health of

their appropriate fluids. The brain influence alone, is in part cut off. What is the consequence? Does the limb suffer any thing more than the loss of the command of will over it? The power to turn and move it at pleasure? Does the nourishing

soul, mind and body inseparable and co-ordinate. For this reason there is no joyous inhabitation of the earth for man, unless the inner man also be right with his world, and the social with his; or unless wholeness be fulfilled. Our maladies therefore are warnings and signs of a lost integrity, which is to be sought and found again: and where cure does not come, it is an evidence that the problem has been stated and worked on some partial ground, and that a further view and a higher sacrifice are asked. * * *

The science of private health is of individual concern, and lies in making the best of our circumstances, for the strength, improvement and enjoyment of the organism. It chooses a healthful place to live in; keeps clean the person and the house; superintends diet and clothing, and all that belongs to cheer; and aims also to keep the mind easy. In short it is the analysis and perfection of body-keeping and house-keeping. But it stops, for the most part with the front door. It gives you the best of everything, but without ensuring the goodness of the best. You can have excellent meat and wine, on this principle, if the town supplies them; good air, if the neighborhood be favorable; good drainage if there is a natural outfall. This private health is the property of the strong, the vigorous, the wealthy and the fortunate, who have the pick of circumstances, and are the favorites of the hour; but even with them it is casual and impure, not the *maximum* of the public health, but the *minimum* of the public inconvenience and disease. It is like a high hill at whose base the fever vapors curl and steam, and whose top they threaten to invade, and by subtle fears do invade, and some one or other of its inhabitants drops down ever and anon, shot by invisible arrows from beneath. That superior vigor of mankind which seems to need no tending, and to burn like fine wax without scientific trimming, is the subject of this private health, which is no system or doctrine, but a resource of carnal virtue and goodness above, and in spite of, the elements. Nature has done what she can in producing the robust individuals who belong to this class; but it is committed to ourselves to enlarge the class until it embraces everybody.

The science of public health undertakes this task, and aims to do for everybody what it seems nobody's vocation to do for himself. Private weakness and impotence is its field of operations; the want of virtue in persons is what it has to compensate. It washes the foulest faces first, strikes at the stygian neighborhoods, -keeps company with publicans and sinners, and always begins where it left off, with the remaining dirtiest man. Soap and towels from the toes upwards; "he who would be clean needs only to wash his feet." Yet the problem grows up, street after street, until we find that it is the whole metropolis that is stated. In good faith, there is no such thing as private health; health is the Saxon for wholeness, and wholeness

process go on as formerly? No. Why not? Do not the sanguineous and absorbent vessels remain without obstruction, intact and connected to the sources of their supply? Why then does the limb become pale, showing a want of blood?

is the public health. * * * If the race be indeed a man, what vast differences are needed in parts and individuals, to make up his body of such various wants! The members must consent to differ, as the head differs from the feet, or the liver from the fingers. They must also consent to agree and succor, as closely and quickly as the bodily commonwealth itself. They must further know that they are bound together in common lot of health or disease, and that there is no wholeness until the entire system is well. In this light, the doctrine of the human form is a standing policy of regeneration to man, and sends out the sound to bring in the sick that their civil spread not to the frame. Here, in short, we have the doctrine of fraternity, sympathy, help, or the foundation of ethics. * * * Public health is either an autocrat, or nothing. Independence is its aversion, for it has to trace and cleanse the dependence of man upon his circumstances and his fellows. When it has driven its plowshare through a foul neighborhood, sown with salt the foundations of sin, and carried rivers of water under the new streets, it then knocks at the house-doors from the worst to the best, and rumages privacy with a curiosity most detestable and proper. * * The business of public health is prevention, but that of private health is cure. * * * The public peace, prosperity and ease, constitute an atmosphere of circumstances around the stomach, which allows our food to do us good, or causes the reverse effect. Health is like the funds, and digestion and indigestion have their daily quotations, if we could but read them. Low anxieties, and love of money, for its own sake; neglect of the divine truth, "sufficient unto the day is the evil thereof," make whole ages dyspeptic; and neglect of the republic of other men than ourselves, creates stoppage in that which should be an unanimous society. Hence the public health of the stomach embraces even these considerations; and indeed as the lower parts of its duties are fulfilled, these higher ones come out only the more prominently in their claims.

The skin is as exacting upon us as the rest of the body. A polity of healthy skins can be maintained only by vast demands upon our industry and sciences. Everything about us must be clean-skinned, or half our personal washing is wasted. The skin leads outwards by forceful channels and will not be stopped, even at great distances, without its emanations recoiling upon the health; it allures surrounding influences inwards from equal lengths, and will not be deprived of them, or supplied with them in a malignant form, without withering or diseasing the organization.

The effects of climate and circumstances upon the skin are not less remarkable than obvious; for it sympathizes directly with the places and space around it, and takes its complexion from them. The inhabitants of the regions of gusty winds, have weather-beaten faces, and lines as of the tem-

Why do the muscles become soft and flabby? In short, why does it perish? Yes; why is it, except that the ever-present, all-pervading *vita-motive* power, with its own peculiar proprium of motion, is a necessary constituent to healthy vital action.

pests blown howling into their skins. Mountain races, have stony or granite features, as of the rocks abandoned to the barren air. The people of moist and marshy places look watery and lymphatic. Those where extremes of temperature prevail for long periods, are leathern and shrivelled, as though their skins had given up the contest with nature, and died upon their faces. These events show how much the skin is influenced by the circumstances about it.

It is equally certain that the surfaces of the body, represented by the skin, are the medium of contagion, which is the railway of public disease. For this organ, true to itself, offers a sympathetic plane on which the health and disease of the community also tend to universal oneness or diffusion. There is no breach of continuity on the surface of mankind, but the skin of the poor joins to that of the rich, and epidemics run without ceremony from the one to the other; only more sparse as they spot the palaces, because cleanliness is more studied there.

After the stomach has taken care of nourishment, and the lungs have looked to our breath, the skin has to provide for them both in a kind of infinitesimal sense. For it supplies us with food and disburdens us of excretions; though both its aliments and rejections are for the most part invisible: it also washes itself in air and keeps itself in motion; the former by itself, the latter under the superintendence of the lungs. The skin is the theatre of influences; the other organs we have mentioned deal with more palpable stuff. There is a corresponding delicacy in the question of the public and private health of the skin.

Great, however, is the plainness, and equally great the mystery of cleanliness. It is one of those terms that will hardly be chained to a physical sense; we no sooner begin to treat it than its buds like Aaron's rod, and blossoms into morals. Frequent ablutions wash away the *sordes* of our bodies, open our pores, enable us to emanate with freedom, and with freedom to take what the atmosphere can yield us. The model and mirror of these effects is presented in our daily washings, which make us *feel clean*. This clean feeling is the basis of correct perceptions. It gives self-respect which marks us out from the things about us; makes us judicial among our associates; establishes a ring of healthy sentiment around us, and between us and other things, and enables us to discriminate between clean and unclean in whatever seeks to enter our feelings, or aspires to stay there. In short, it places a cordon of pure life around our bodies, as a troupe of angels around the bed and before the path of the faithful. Between the life thus whitely washed, and its objects, nothing intervenes to hinder immediate judgment and action, so far as the surface is concerned. The light of the sky, and the

As the loss of motion is the foundation, the starting point in the origin of disease, the primary object of the physician should be, to restore that motion. This is to be accomplished by a variety of means. It does not follow, that because there is one

vigor of the man, kiss upon the skin and cement a covenant of justice, in which every predominance is conceded to the lordly organization.

On the other hand, dirt upon the skin is not merely dirt, but dirty feeling; and the latter is no sooner set up than it travels soulwards. The skin is given, among other ends, as a vivacious sentinel to prevent the entrance into us of whatever is alien and impure. The purity of the sentinel is of the greatest value to this exercise of his functions. Dirty feeling does not know dirt when it comes, but is bribed by it, and lets it pass the barrier. Hence an unclean skin, besides adulterating the feelings, admits a material adulteration to the organs. Furthermore, by clogging the pores, it prevents the belovèd dirt from escaping outwards; until at length the body, crusted over with itself, abrogates the skin functions and finds another and violent eruption in disease. For nobody can stop long in himself; he must go forth as a minister of life or death to those about him. And when he ceases to transpire health, specific sickness is conceived in the struggle; the system makes new terms between itself and nature; a part of the privileges of life is ceded, and the various maladies appear. This is the history of one class of physical evils, engendered by the neglected cleanliness, not of years alone, but of generations.

The private health of the skin subsists in the public health, private cleanliness also in public, as a man in his society. There may be excellent citizens in a debased community, and cleanly persons in a dirty town; but the surrounding influences are against them; and they are good and clean in spite of example, by mere manhood, and, as it were, miracle. The labors of cleanliness, though cheerfully undertaken, are herculean and incessant. Often, too, they are unsuccessful, for the laws of nature work in masses, and public neglect is visited, not unfrequently, upon the just as well as upon the unjust. Hence the necessity of treating these questions from the public side. A clean house in a sooty town; a well ventilated room with an adjacent swamp or church-yard; a chastened appetite with unwholesome provisions — these are the impossibilities which the prudent ones are laboring to establish in the city and in the country. It is plain however, that health has two ends — the health of the man, and the health of the people; which must be treated as one by doctors and clergy, because they are tied into one by the Great Physician. * * * And again, the skin of the circumjacent earth must be washed and dressed, as the double of our own, in order that the reservoirs of outward cleanliness may be filled; and lastly, our minds in their skins, must be clean and whole, lest eruptions, worse than can come from without, should break forth from within. Such is the logic of duties, easier to say than do, which

primary cause for the developement of disease, that there can be one grand panacea, one general remedy, one particular course of treatment, which will remove all kinds or classes of difficulties, or heal every malady to which the human frame is liable. Going back to nature once more, as the guide by which, and the source from which, all our observations are to be drawn, it is found that when left alone to her own restorative measures, she does not always adopt the same course in throwing off disease. At one time the bowels are made the great evacuent by which the accumulated and poisonous matter is disposed of; at another the kidneys; and still another the skin; and at times, all these operate together. Again the "resolution of inflammation, the exudation and organization of lymph on inflamed surfaces, the process of suppuration and sloughing, the function of absorption, and the increase of absorption from pressure," are circumstances which tend to the preservation of life, and are processes dependent "on very different principles or laws of the animal economy." As one particular course is not always followed by nature, neither will one remedy alone, or one particular plan of treatment under all circumstances, be found adequate to effectually aid and assist her efforts to overcome disease.

deduces itself, by sanitary necessity from the skin. * * * I do think that loss of faith and the other inward graces is the tap-root of bodily sickness; and that fears, apathies, hatreds and self-seekings are the sowers who go forth to sow poison through our frames. * * * * The conception of public health implies the reconstruction of all the circumstances with which the organism is surrounded, upon the model of its natural and spiritual wants; and the presumption is, that many diseases and vices will die, which circumstances, and not the choice of individuals, have engendered. This result itself, however, can only run *pari passu* with the increase of private virtue; and hence, as we said before, the throne to which the whole problem perpetually refers itself, is the regeneration of man.—After any given circumstantial operation has been effected, an intractable mass of evil will still be left, which requires new circumstances of cure, originated by new physicians of good. * * * * The "best possible circumstances" mean the best possible brain and heart, sent by God to the occasion.—*Wilkinson.*

Those who would become pre-eminently useful by their skillful treatment of disease, and as the guardians of health; should take these things into consideration, and hold the mind open to the adoption of aids from every source. A perfect system of Motorpathic treatment, should refuse no assistance which may be offered in the vast field of nature or art. It should only pull such medicines or such therapeutic agents, as are subservient to the great end in view — the establishment of an equally balanced, sustained, and vigorous motion between the two great recuperative forces in every portion of the body.

It is to that part of Motorpathic treatment personally given, and which is a peculiar process of statumination and vitalization, to which is owed so much success in the cure of chronic diseases. Its influence is brought to bear immediately on the organ affected. Acting first upon the capillary vessels, it invites them to motion, and makes them ready recipients of the *vita-motive* power. It has also a powerful effect in arousing the dormant organic functions to energy of action, and by these means increases the amount of attraction and repulsion between the two vital forces of the body, and gives out an invigorating, sustaining influence, which has been obtained from no other source. Motorpathy is pre-eminently the remedy in the cure of chronic diseases, of almost every kind. In dyspepsia, increased motion of the body has been found so beneficial in promoting a more healthy action of the digestive functions, that exercise of some kind has long since been embodied among the therapeutic agents necessary to its perfect cure.

When one of the fundamental functions for the supply of motion is attacked, as in the case of digestion, the whole system suffers and sympathises in its derangement. When there is a deficient supply of vitality, every organ must be weakened, hence the prostrating effect of any disease attacking the alimentary canal, which causes material derangement in its functions. Disease then attacks, as it were, one of the seats of life, this

canal constituting that part of the animal economy from which the vitality receives its principal support.

The *vita-motive* power must be brought back to the stomach to aid in digestion, the first process for sustaining life; and in order that digestion be easily accomplished, the food taken should be light, and adapted in quantity as well as quality, to the power of digestion present in the particular case under consideration. It may be remembered, that the supply of vitality or nourishment is not according to the amount of food taken into the stomach, but according to the amount which is properly digested and assimilated, and enters into the sanguinous circulation as the great feeder of motion in the system.

As the piling together of wood has no effect in creating warmth, unless fire be brought in contact, and it is made to kindle and burn, and by its decomposition, ealoric, heat is sent forth in a circle around it, so food may be piled in the stomach to no benefit, unless the *vita-motive* power be called to act upon it. And, as when a fire is feeble, shavings and small bits of wood are used to coax it to a flame, which would be smothered by throwing on large pieces, or by the use of green or incombustible materials, so when the vitality is diminished, and but a small quantity of the vivifying power can be brought to the stomach, its action should be invited by a judicious choice of food, until the vital action becomes strong enough to digest larger quantities and heavier materials. Motorpathic treatment, by calling to its aid every therapeutic agent for quickening the vitality, and causing a vigorous motion between the recuperative forces of the system, removes the cause of indigestion, and not only reinstates the stomach in its vigorous functional powers, but creates a harmony of action in all the functional powers of the body, so that motion in one part is balanced and sustained by motion in another, and the whole acts in combined harmony. It is owing to this renovating effect of Motorpathy — which makes it so potent in cases of worn-out and broken-down con-

stitutions, and in their restoration from the abuses of dissipation and self-indulgence.

In hepatitis, or liver complaint, its beneficial effects in restoring the balance of motion, is soon apparent by a clearer complexion, a more animated countenance, and by the whole appearance giving evidence of the system's being in a less loaded state from bile.

In bilious diseases, it is frequently the case, that the whole body becomes saturated with the morbid secretions of the liver, and its subtle poison insinuated into every part, deadening its sensibility, and impeding the motion of the life-currents through it. Motorpathy, by giving an impetus to these currents, arouses the system from its torpor, and by degrees enables it to throw off the superabundance of bile. At the same time, a combined motion of these fluids is induced in the liver, the seat of disease, which, in consequence of this renewed action, gives out a supply of pure and healthy bile, proportioned to the wants of the system.

In many portions of our country, particularly where intermittent fevers and bilious diseases prevail, chronic diarrhoea is very common. In these cases it is one of the evacuents which nature chooses, to rid herself from the presence of a poison, and it should be checked only by producing a more healthy secretion of bile, and by relieving the bowels from any extraneous cause of irritation, as unwholesome or indigestible food, and fermenting or stimulating drinks.

Motorpathic treatment soothes and allays the irritation of the bowels, and gradually gives them energy and tone. Its happy effects are very marked in cases of this character. Unless diarrhoea supervene to phthisis, or some other fatal malady, it can hardly fail to be brought under control by this treatment.

Serofula is a disease universally allowed to be deeply imbedded in the nature of its victim. It takes its firm hold early in the constitution, and influences the nutrition of the infant, and

child, thus entering into the first principles of his physical nature. It constitutes one class of cases in which a balance of motion between the two vital forces, was not given in embryo, and in which especial care should be given to the physical training, to develope the powers of the body.

Wholesome and nutritious food, simply prepared, should compose the diet. Rich, heavy, and concentrated compounds should be avoided. Pure, fresh air, well ventilated sleeping apartments, and free, vigorous bodily exercise, are indispensable to the promotion of healthy physical development. When the lungs play freely in the open air, with brisk exercise to accelerate their motion, and also the motion of the vital fluids, the whole blood in the body is every few minutes successively exposed to the air, in its passage through the lungs, and its vitality thereby greatly increased.

Add to this the increased motion of the *vita-motive* power acting upon this highly vivified sanguinous fluid, and the increased energy thence given ; and then, the aid given by these combined powers to the digestive and assimilating functions, in the preparing of healthy nutriment to supply the waste of the body and perfect its growth ; and then again, the tonic effect of exercise on the muscles, and its power of developing their size and capability, and a faint idea will be given of the vast power which may be wielded by systematic physical training.

Childhood and youth are the seasons when this treatment can be made most effectual, in correcting a strumous diathesis. And the prevention of the development of disease to which there is a constitutional tendency, is of far more importance than the cure of the disease when contracted — as the prevention of crime is a thing more devoutly to be wished, than the correct discipline or reformation of a criminal.

CHAPTER IV.

Physical Training.— Neglect of body in Schools. — Benefit of Amusements. — Blessing of Full Development.

THIS physical training, under God, to which the people are waking up, is to be the means by which the demon of disease will be eventually cast out of the earth. Let it enter not passively, but energetically into all our seminaries — let it be incorporated as an active principle into every institution for the young. When it shall become the decided and distinctive object of schools, not merely to educate their students in the popular branches of knowledge, but to cultivate their physical as well as mental development — to train all the powers both of body and mind, so that the body may render its capability of aid and support to the mind, then will mental research proceed with a clearness and vigor now undreamed of.

Instead of the universal neglect of the body now existing in schools, our children and youth should be taught that habits of cleanliness, attention to diet, and regular systematic exercise are indispensable ; as means of preserving health, and of enabling the mental powers to be developed with vigor and promptitude. Our schools should be able to say to their patrons, “ we have good air ; good water ; a gymnasium ; facilities for bathing, and we encourage active games and amusements, as conducive to gracefulness of carriage, and energy of mind as well as body.”

And they should not only be able to say this — but they should so train their pupils, as to cause them to know by experience the benefits which result from their judicious *use*. To this end studies should be alternated with exercise and amusements, as *incentives* to greater activity of mind, and as giving the *power* for more intense application.

When exercise is made attractive and enjoyed by many at a time, it produces hilarity, buoyancy of spirits, and a happy,

high-toned flow of feeling, greatly elevating the mind, at the same time that it conduces to these prompt and rapid intellectual manifestations.

If active amusements entered more into our every day life—if neighbor met neighbor on this plane of physical enjoyment, who can measure the good results which might flow to us, *children of a larger growth?* Would it not do much toward dissipating the clouds which hang like thick curtains between mind and mind? And more than all, would it not thaw out or dislodge the icebergs which the constraints of our artificial life has thrown up between heart and heart, and let loose the streams of kindly feelings, and bind us together by active human sympathies more on the model of the upper spheres?

It would at least add to the force and flexibility of our muscles; cause debility and torpor to be succeeded by a vivid circulation and a healthy action of the organs of life. It would give gaiety and animation for despondency and sadness; activity and cheerfulness for languor and irritability. In short, if carried out in all its relations and correspondences, it would straighten out the gnarled bodies and animate the palsied organs of humanity—giving uprightness, strength, vivid life to our whole being, physical, intellectual and spiritual. How desirable this—and how far-reaching its benefits, not only to the generation now on the stage of being, but to the countless ones which may follow. Would that all sufficiently appreciated such a course of education, and were aroused to act in accordance with their convictions! The blessings which would result to the human family are incalculable. Activity, prosperity, peace and happiness would then surge over every mountain and valley of our wide-spread land, as at the bursting of morn the sun-light revels on the bosom of ocean.

That the basis upon which education is almost universally conducted is faulty, and inadequate to the ends proposed, is witnessed by the amount of weakness and disease which prevail.

Even where the intellect has received marked attention, how seldom do we see a man who in heart or body is not dwarfed or drawn into unseemly shapes — how seldom meet the commanding brow and imposing front, which give the guarantee of strength to walk unharmed and undismayed through physical difficulties and dangers. And is not this the form in which we all personify staunch integrity, and unyielding principle, which carries us through the spiritual combat of temptations without leaving the smell of fire upon our garments?

It will doubtless be conceded without cavil, that the results to be desired as the consequence of a system of education, are upright, intellectual, accomplished and efficient members of society. But how is this to be obtained where the mental faculties are pushed to their utmost exertion while the physical powers are not only neglected and allowed to fall into decay for want of use, but, by the course pursued, some portions of the body are absolutely forced to contract, and to stultify the operations of the vital organization — that life-giving power not only to the operations of the body, but equally, if not quite so directly to those of the mind also ; thus, as it were, arraying the mind against the body to undermine and destroy it.

Would it not be far more wise to train the mind, soul, and body to go hand in hand in the battle through life, each rendering the other its utmost assistance ? Would not a person thus trained, with all the physical and mental powers acting harmoniously together, and aiding and invigorating each other for the conflict, accomplish far more than one with even brighter intellect, whose mental efforts were not sustained by a firm constitution and a vigorous vital organization ? Would not such, when called upon to take part in the active scenes of life, be more likely to take a high-minded, judicious and efficient course ? Such a course as shall tell on the happiness of those by whom they are surrounded ?

We cannot all be great men — we cannot all be great women ;

but by training the talents we do possess to activity and usefulness, we may all cause the brow of care and anxiety to light up with joy at our approach. We may lighten the burden which is bowing down both the soul and body of the oppressed — we may soothe the wild throbings of the anguished heart. In short, we may do much good in the world, and strew our own path with the deathless flowers which spring up in the soil of an approving conscience.

CHAPTER V.

Advantages of Motorpathy in Scrofula.—Consumption.—Inflation of the Lungs.—Inhalation of Medicated Vapors.—Bronchitis.—Dropsy.—Insanity.—Irritability and Aberration of Nervous System.

THE advantages of Motorpathy in the treatment of scrofulous diseases, in their earlier and in many of their advanced forms, can hardly be too highly estimated. It goes to the foundation, and lays its inspiring hand upon the cause of the derangement. Time and faithful perseverance are requisite to uproot a disease so inwoven in the nature and growth as this. But much can be done in a comparatively short time, towards developing a better state of the system, and putting the constitution in the way of renovation.

Phtisis pulmonalis may be considered as the most alarming form of disease, which is developed by a scrofulous or strumous diathesis; both on account of the great tendency to this particular form of the disease, and its fatal termination when once firmly seated. Where the predisposition to tubercular deposit is strong, the disease often resists all treatment, even in its earliest stages. Hence the necessity when predisposition to consumption is known to exist, of developing the physical system, and invigorating and strengthening the constitution, by such aids as Motorpathic treatment gives. Then the vitality is kept in the ascendant, no tubercular deposit is made to combat with, and health flows on in an equable stream.

In proportion as the lungs are incapacitated to receive, or be filled with air, the body becomes weakened by the loss of its vivifying influence; and also in proportion to the tendency to tubercular deposit, and the causes which may operate to weaken the *vita-motive* power, or withhold its action. A weakening or debilitating course of treatment is not to be recommended to those who have already begun to consume away; for whatever reduces or exhausts the energies of life, causes the patient to

be made a more easy prey to disease. All the latent principles of life require to be aroused into action, nourished, guarded, protected, and husbanded in every possible way; that the patient may be better armed to protect himself against the encroachments of so mortal an enemy. Many who have died of consumption have been hastened to their end by the mistaken policy of a depleting treatment.

A class of exercises, tending to inflate the lungs, expand and develop the chest, and invigorate the powers of the body, together with such therapeutic agents as shall increase the vitality of the system and provide for its better nourishment, are the means to be chiefly relied upon in combating this disease.

The inhalation of medicated vapors has given much relief; and with other appropriate remedies it is a valuable agent in the treatment of phthisis, bronchitis and all diseases affecting the air passages. It is a matter of doubt whether a sole reliance upon inhalation is ever of material benefit.

In some cases where the use of one lobe of the lungs had been entirely destroyed by inflammation and ulceration, the patient has been so far restored by Motorpathic treatment as to be in the enjoyment of a good measure of health. It is not pretended that every case of consumption can be cured; but in the earlier stages, and where a predisposition to the disease exists, the system can be so fortified and renovated by this treatment, as to become healthy and strong, with a well developed chest, erect carriage, and greatly enhanced constitutional powers of endurance. And though many cases in more advanced stages have been cured, yet it is a treacherous disease, and the conviction that little can be done in many cases, hangs like a pall upon the most resolute effort.

Bronchitis, a disease of the air passages of the lungs, is sooner brought under the control of treatment. If unconnected with tuberculosis, there is not so depraved a state of the system

to contend with, and in most cases a cure is comparatively easily effected.

Dropsy depends upon a morbid condition of the exhalent and absorbent vessels, by which the balance between them is lost, and their functions are characterized by debility. In some constitutions this cachexia exists a long time before general infiltration takes place, and its approach is slow and insidious.—In others it comes on more suddenly. The disease is of more or less danger, according to the causes which conspire to engender it, and the part of the animal economy in which it may be located. The infiltration of a serous fluid into the cellular tissue, in which the body puts on the appearance of a general tumefaction, with softness and paleness of surface, and a loss of elasticity in the ligamentary covering known as general dropsy or anasarca ; and ascites, in which the collection of fluid is principally confined to the abdomen, are the forms which have been treated Motorpathically with the most marked success. External applications which stimulate to absorption have been one of the aids called in. When dropsy has recently occurred, in persons previously of good or tolerable health and fair constitutions, their treatment has been easy and certain. But when they have occurred in persons of broken-down constitutions, and particularly where they have been occasioned by some serious visceral mischief, this treatment though often successful, I am forced in candor to admit, has also often failed of giving more than temporary relief.

Motorpathic treatment can be brought to act decisively upon insanity, that disease which vibrates between the mental and physical nature. At one time it acts upon the mental processes and warps the deductions thence drawn ; at another leaping its bounds, or setting aside its machinery, it acts from physical impulse, with scarcely the semblance of mentality, causing physical excitement, increased circulation and impaired nutrition, which again re-act upon the mind, and cause more settled

aberrations. This action and re-action may continue for an indefinite period, and wear out both body and mind. This sometimes occurs in diseases of the liver, spine and stomach. The brain sympathises with the diseased organ, and insane manifestations of one or more of the organs of the mind, ensues, according to the part of the brain most affected.

Insanity, as it stands developed before the practitioner, whatever may have been its cause, whether physical or moral, is a disease both of body and mind, and he who would successfully treat it, must adapt his remedial agents to both. By humoring the caprices of the insane, as far as practicable, and teaching them self-respect, by bringing their good points forward and making them subjects of contemplation, at the same time, by kindness, gentleness and consideration, gaining their confidence, mental discipline can be gradually brought to bear on the subjects of aberration; and as the physical obstructions are removed, correct modes of thinking can be established, until as the body becomes sound, the mind becomes perfectly sane on every subject. That form of insanity in which the sufferer is not likely to do violence to himself or others, and cases of partial aberration of intellect, experience has testified, can be permanently cured by Motorpathic treatment.

Many persons who apparently possess good muscular systems, suffer from debility and weakness or irritability of the nerves, and are unable to take much exercise without fatigue. It is not so much a matter of surprise to see others of a frail personal appearance, or who possess fine or delicate organizations, suffering from nervous excitability. In both cases these manifestations are owing to a loss of harmony in the motion, or the attractions and repulsions between the two acting forces of the body, the nervous and sanguineous, in which the nervous power which should support the activity of the muscles, is expended in nervous excitation. Some nervous systems become so extremely sensitive, that noise of any kind is disagreeable. The sound

of voices in conversation, and the moving of paper is extremely annoying, and even the music of nocturnal insects, and the rustling of the leaves on the trees, is so irritating to their acute sensibilities, as to deprive them of rest. Nervous diseases assume so many phases and peculiarities, resulting from the set of nerves affected, and the temperaments and idiosyncrasies of the persons in whom they are manifested, that it would be unjust to charge an individual who is suffering in such particulars, with feigning it all. In many cases, the unhappy sufferer can no more banish this irritation, than he can refrain from realizing the pain from violent headache. The nerve conveying impressions to either of the senses, may become so affected as not to bear without pain its natural stimulus. The optic nerve, for instance, is often so sensitive that it cannot endure the light. The sense of touch becomes so acute in some persons, that they cannot wear flannel or cotton goods, unless of fine material, next the skin. They feel as though the nervous filaments distributed to the surface, were elongated and continually waving back and forth over the skin, producing a most disagreeable and annoying sensation.

These aberrations of the nervous power, are frequently met in chronic disease of some of the viscera, and when dependent upon such causes, it is useless to attempt the establishment of a healthy nervous circulation, except as the organic disease is remedied.

CHAPTER VI.

Nervous excitability of Artists and persons subjected to severe Mental Labor.—

*Influence of Imagination.—Extract on Necessity of Heart Relations.—Benefit of change in Chronic Disease.—Water Cures.— Neuralgia.—Nervous Headache.—Epilepsy.—Tenderness of Spinal Nerves communicating with Diseased Organs.

PERSONS habituated to much study, and to severe mental labor, consume much of the nervous stimuli in the brain, leaving other parts of the system to suffer and grow languid. This absorption and loss is first felt in the nervous system; hence the nervous excitability of artists, of persons engaged in literary pursuits, and of those subjected to a long course of mental excitement, particularly if it has been of such a nature, as to deprive them of out-door exercise. Persons engaged in performing a single round of duties, without change of scene or action, having nothing to divert the attention from themselves, often become diseased through the influence of the imagination.* A

* What then is the public health of the heart? We do not now speak of that which allows us to make blood, further than to say, that the public health of the stomach lies at the foundation of the rest, and that bread and wine require to be heartily conceded by the community to its members, on the principle that the laborer is worthy of his hire. It does our hearts good to eat the bread of toil, because it comes charged with the votes of God and man. But we now canvass the heart in its popular and living sense, in which there are three points to be noticed, all bearing upon the question of happiness, that river on which health with its white streamers floats. A man is healthy in this sense: 1. When his heart is in his work. 2. When the relations of the heart are carried out for him. 3. When there is an atmosphere of cordiality about him, supplying the individual affections from the social, as the lungs are supplied from the air, or the thought of the writer from his age. These three things are one in the proposition, that the man shall exist *con amore*. * * * * *

I. A man's heart is the muscle of his museles, the lion of his strength. But museles work together by balances and co-operations; in a dance for instance, there is a marvellous association and change of powers to make the rythm whieh answers to the music and unity of the soul. If a muscle or a fibre in one leg be out of tune, it will either be torn, or make a limp of the dance. And when the main muscle of all stands out, and will not enter the quadrille, as in ill-assorted tasks, the fire of industry expires, and legs and arms move languidly enough. The joint of joints is out of joint; and the inferior limbs are but crutches on which painful duty carries

pain, from some slight disturbance in the system, is felt in some particular place. An endeavor is made to trace out the cause, and by continually thinking about the pain, and wondering what will be its results, and what will be the best remedy for its cure,

the cripple about. On the contrary, in happy moments, when the man and his work are at one, each muscle comes parallel with the heart, true to its rank, file and moment, and the strokes of the man are constant and imaginative as his heart beats. Heart and hand then grasp the same thing, and are working in united pulsations. So much for the first requisite of carrying out the bosom, namely, that the man's heart shall be in his work.

II. The happy carrying out the heart's relations. Home, friends, children, country, are the immediate world of the heart: and when its love can reckon them over as its own, its every beat against the breast is answered from without, and the heart eddies through the society in widening concentric circulations. The blood is made under the auspices of feelings which are the sweetest enjoyments and the dearest bonds, and the body is tinctured with a stately fire, larger than its individual life. On the contrary, where there is no issue for the feelings, or no proper objects to love, the breast is shut, and probably the senscs absorb the soul, and carry it out to death through their vicious doors. The disappointments of the heart may either break it, or wither up countenance and frame, showing the picture of a man whose blood carries no live motives in its current. Moral freedom is the formula of this kind of health, which imports that the walls of nature and circumstance, — of heart, ribs manners and laws, shall be no hindrances to the structural affections of mankind. * * * * *

III. The supply of heartiness to the heart from without. Man is a being who lives forever upon grounds, forever breathes atmospheres, sees suns, is gladdened by light and heat, chafed by electricities, and pulled by magnetisms. No wonder; for all forms are Pan-anthropal. But the planet which is ordered to accompany him forever, puts off its exuviae at every stage, and shows a fresh area or surface. The heart-man does not live on mineral, but on social grounds, breathes not airs but thoughts, is warmed by blood heat, or affection, and drawn by living magnetism, which is love. And this set of circumstances is a true universe which environs us, and whence we get life *ab extra*, as we get nature from the world. According to the constitution then of the social world, is the supply of the air, sunshine and waters of our existence, and we can no more live out of the one world than out of the other. As we have all from nature, being nature's subjects, so we have all from life as we are the subjects of life; ourselves alone being free, a germ of manhood plunged through and into all things, to grow through, and to outgrow the more limited planets. When man is all in all in the secondary sense, he will be in the image and likeness of God, who is all in all in the primary. The fitness of society to every man, is the condition of this last demand of the heart for health. It is a mad claim: worse perhaps than that of those sanitary reformers who would grasp the winds,

so much of the mind's force is thrown upon it, as to cause a derangement in the motion of the fluids which support the part, and in the end, the very disease is established, which at first existed only in imagination.

Many who are suffering from local disease and nervous sympathy, increase their sufferings by dwelling upon their bad feelings. Accustomed to the same room and the same surround-

and wash them clean, sweeten Leeds, and purify Sierra Leone, abolish ague or typhus from the rural districts, or drunkenness from all classes. We believe, however, that it is the same problem as theirs, but stated for a very exacting organ, the heart.

How shall any of this be secured? If we cannot manage common nature and lead it as health into our dwellings, how can we sweeten this vast and terrible life, which gives and takes our moral diseases, and whistles its comedies through our ruined affections; which accepts the pollutions of bad hearts, and the wail of broken ones, and mixes them in its columns to press us more heavily into the kingdom of pain? All that we can say in reply is, that the heart must deserve its universe before it gets it; the present world is the fatal logic of its diseases; the other, which we have described, must be the logic of its healths. * * * * But in the mean time we are sure of one thing,—that man must work at his post, and not desert it, if he is to find health for his heart. Want fools us, unless we drive it through our daily works. Present circumstance is the top of desert, and the means of happiness; and it is in the reformation of our own fields, and no others, that our future is to come. The statesman does not emigrate to carry out his plans. So in like manner, it is not new but old industry that is to become attractive, by a new heart given by heaven during fair toil: it is not altered social relations that will make us contented; but a better love in those which exist; and it is not a new world of men that we expect, but a conversion of the old to the types of the commandments. The heart, as we have stated it, prophesies how newly, under these circumstances, all things will appear. * * * * *

Under all these means, co-working for good, shall not the body be redeemed, and evil begin to lose the footing that sickness gives it? By heaven's law the sick have claims which the healthy have not, and there is more joy over one man cured, than over ninety and nine who are sound. This is a test of every society — how it speeds, or how it lags, in administering to its sick. They are the weakest parts of our common body, and care and thought turn to them with longings that are the flesh of the physician's heart. And the more that are healed, the more concentrate is the love upon those who suffer still; so that at length the world's whole skill and tenderness shall surround with arts and healing tears the bed of the last sick man.— *Wilkinson.*

ings, month after month, and year after year, there is nothing to divert the mind from itself or the body. Every new pain or symptom is noted, compared with previous ones, and its prospective danger anticipated. It is a difficult matter, under such circumstances, for the person to recover while surrounded by the same associations. The mind requires medical aid as well as the body, and the fact is proved by universal experience, that mental derangements, weaknesses and obliquities, cannot be so successfully treated, while surrounded by the associations in which they were contracted. Hence the benefit accruing to those who are suffering from chronic complaints, by leaving home and all its associations, and travelling — coming in contact with new scenes, or forming new associations — anything, which breaks through the settled monotony of habit, and gives new ideas, and a new direction to thought. The more complete the change of mental and bodily habitudes the better — and the more pleasing the surroundings of the new home or circumstances, the more beneficial the results — though a change for the worse, is better than no change at all.

The influence of fine scenery, mountain air, rural drives and rambles — the coming back to our early love of nature, which is inherent in every bosom, and sways all hearts with more or less power, — is of itself a panacea for many an ill. Water-cures and institutions for the sick on this principle alone, are of great benefit — particularly where the location is favorable, the scenery pleasing, or grand, with an extended range of new objects at command to gratify the curiosity.

There are those possessing every other advantage, where particular pains are taken to divert the mind with amusements; and where, instead of thinking about pains and aches, and the probability of dragging out a life of suffering and helplessness, a speedy and certain recovery to comfortable, if not firm health, can be contemplated, and the pleasure dwelt upon of again entering upon the duties and enjoyments of life.

Neuralgia in the head, or nervous headache, is a disease of very common occurrence, and one which often bids defiance to the remedies prescribed. Neuralgia facialis — tic doloureux, or pain in the face and teeth — is a very similar affection to the above, the only difference being in the set of nerves attacked. Its originating cause, like that of the former, is a deficiency of the volatile fluid which supports the nerves, and through them keeps up the strength and tone of the system, and prevents it from sinking into disease. But when the system is laboring under a diminution of this principle, it is peculiarly predisposed to disease, and any trifling circumstance, such as trouble of mind, perplexity in business, a slight cold, or the extremity of a nerve being exposed to the air, is sufficient to produce pain of the nervous kind, either in the head, face, or teeth.

As the nerves traverse and intersect every portion of the body, any part is subject to neuralgic pain. When the nerves of the heart and blood-vessels are less plentifully supplied with the nervous fluids, they are peculiarly liable to be fastened upon by disease, and the unhappy patient may be subject to paroxysms of violent palpitation of the heart, succeeded sometimes by severe spasms, and great prostration of strength, a violent beating of the large arteries, and uneven circulation. The lungs often sympathise in the paroxysms, producing great difficulty in breathing. All this is at last succeeded by a diminution of the volatile fluid throughout the whole system, or general debility.

Some cases of neuralgia have not readily yielded to Motorpathic treatment, requiring a long time for their perfect restoration. But in the majority, relief is immediately given by it, and a few weeks' perseverance effects a cure.

Motorpathy has been thoroughly tested in the treatment of paralysis, and its happy results in the restoration of feeling and motion to parts paralyzed, has exceeded the most sanguine expectations.

A few cases of epilepsy have been treated by it, and in those it was perfectly successful. But the number has been too limited to say much from experience of its efficacy in this variety. But in hysteria, convulsions from nervous irritation, and that peculiar kind of convulsions attendant upon spinal diseases, it has been very successful, large numbers having been treated by it to entire satisfaction.

The spinal cord being the great avenue through which the *vita-motive* power is carried for distribution to the various portions of the body, any obstruction to its free passage is of great moment. The consequences resulting from a trifling injury to this bundle of nervous fibres are fearful to witness.

For protection from accident, this medula spinalis is enclosed in the bony cavity of the spinal column. Thirty-one pairs of nerves are given out in its course, and nine pairs of nerves issue from the medula oblongata, or lower part of the brain which intersect, in almost innumerable points, the spinal nerves; the most remarkable of which is the intercostal or great sympathetic nerve, which is formed from the fifth and sixth pair of nerves, and descends from the brain close to the spine, and receives branches from almost all the vertebral nerves, and forms many ganglions in its course through the thorax and abdomen, which send off an infinite number of branches to the viscera in those cavities.

The other nerves from the medula oblongata, send off again almost innumerable branches, which spread and intersect themselves through every part of the body, penetrating the bones, and spreading themselves like delicate tissue-work through most of the internal organs.

The spinal nerves are particularly liable to obstructions from pressure, from inflammations of their ligaments, from contractions of muscles, and from varicus other causes. And when looked upon in their true light as the conveyers of the prop-

ing life-power, we cease to wonder that the body is so prostrated at apparently trifling diseases attacking the spine.

When an organ is diseased, it frequently happens that the principal nerves which communicate with it, are tender, giving pain on pressure. This is more particularly observable where the nerve enters the spine. It may proceed, in the first place, from an inflammation or morbid excitement of the organ, which is communicated to the nerve ; or it may proceed from an irritation of the membranes of the spine and nerve, which intercepts the free passage of the *vita-motive* power from the spine to the organ ; when, as a natural consequence, the organ becomes enfeebled, and disease follows.

In all cases of genuine dyspepsia and chronic inflammation of the stomach, this tenderness of the nerve, where it enters the spine opposite the stomach, is observable.

The tenderness and pain about the back, which always exist with female diseases, is traceable to the same cause ; the disease in the organ sometimes occasioning an irritation of the spine, and at others an irritation of the spine is the cause of the organ's becoming diseased. This shows the intimate connection between that class of diseases and the nervous system. Such cases may not improperly be called a connection of spinal and organic disease.

CHAPTER VII.

Spinal Diseases.—Curvature.—Spinal Irritation.—Success of Motorpathic Treatment in Spinal Cases.—In restoring the Lost Use of Limbs.—Use of Elevator.—Galvanism and Gymnastic Exercises.

It is presumed there is no class of disease which baffles the skill of the medical faculty like those of a spinal origin. When a patient complains of heat, irritation, weakness, pain, or numbness about the back, or when there is any tenderness felt on pressing the vertebra or joints of the spine, the usual remedies which are resorted to — we had almost said the only ones — are plasters, tartar emetic sores, mercurial ointments, liniments, lotions, blisters, issues, and seatons. If these means fail to raise a counter irritation, sufficient to remedy their own weakening effects, — which unhappily is seldom the case, — they prove an incalculable detriment to the patient; by laying a foundation for the worst nervous diseases, dyspepsia, liver complaint, consumption or spinal curvatures.

Spinal irritation often produces weakness of the lungs, coughs, shortness of breath, pain in the side or stomach, flatulency, indigestion, dyspepsia, costiveness, female weakness, prostration of strength, irritability of the nervous system, vapors or low spirits, mania, &c. Sometimes one class of these symptoms, and at others almost the whole combined, are but simply the effects of spinal irritation. And often — far oftener than is ever dreamed of by sufferer or physician, — are persons harrassed by these secondary diseases, from month to month, and year to year, constantly taking medicine, which, if it does not injure them, at best does little or no good, because directed to an effect, not to the removal of the cause which produces all these difficulties.

A patient with a spinal disease or weakness should be placed under a course of treatment principally directed to the spine it-

self, with such minor alterations as are suited to the peculiar idiosyncrasy of the individual. This never fails to remove the irritation, relieve the heat and pain, and produce elasticity and health in the spinal nerves and muscles, and the patient speedily recovers from all the threatened evils and diseases which the symptoms had indicated.

As well might we shoot at a shadow, in the hope of killing the animal which gave it, as to direct our remedial agents to these effects, or shadows as it were, cast over the system from the original disease or cause. However dark these shadows may be, we must aim something at the cause itself, which shall destroy it, before we can disperse them.

The success of Motorpathic treatment in curing diseases of the spine, including spinal curvatures in their earlier and medium stages, whether lateral, posterior, or anterior, is unquestioned. It is not pretended that those enormous curvatures and deformities, which are sometimes seen, can be restored to their original form ; but in such cases the pain is relieved, a healthy action of the organs is promoted, and the muscles and tendons are strengthened so that the health becomes good; and at the same time the form is greatly improved. In many children, deformities are called " rickets," when they are purely spinal and easily cured.

This treatment has been very successful in restoring the use of limbs and the elasticity of contracted muscles. Some remarkable cases have been treated by it, and many have been made to walk, whom, it was supposed, would be helpless for life.

It has the happiest of effects upon rheumatism and gout ; allying the inflammation as by magic, and making the parts supple and healthy.

Spinal diseases are fast increasing, and thousands of our young people are under their influence without even suspecting the difficulty. We fear too many are treated for the effects,

rather than the cause of disease. Parents should pay strict attention to their children's habits in standing, sitting, and walking, and see that they favor no one point. The spinal column should be frequently examined, to see if it is upright and free from any enlargement or the indentation of any of the vertabréæ. The hips and shoulders should be also examined and compared, to see if they are equal as to height and thickness. A timely attention to these suggestions may save life and much suffering.

Irritation, soreness, and pain about the spinal column, have sometimes been measurably relieved by phlogistic treatment; but to apply local irritants for the purpose of removing spinal curvatures is preposterous.

All cases of curvatures are attended with contractions of some of the muscles which support the spine, and as a means for lessening those contractions, and relieving the spinal nerves from the pressure which, in consequence of the curvature, the weight of the body is continually pressing upon them, a spring elevator, constructed in such a manner that it rests upon the hips, with arm-pieces slightly raising the arms, so that the weight of the body is transferred from the spinal column to the hips has proved of great service. This is worn a few hours in a day as a portion of the treatment; but as élasticity and strength of muscles depend on *use*, it is vain to think of reducing their contractions, without providing for their free flexions in every conceivable manner. This is to be done by various gymnastic and other exercises, by the application of galvanism, by the Motor-pathic use of water, and by all the aids for the establishment of *motion* and *use*, which can be brought to bear in the individual case.

Some curved spines could be straightened with the elevator alone, but it would cause uneasiness, and render the patient unhealthy and languid. A continued stretch of the muscles in one way, or one set of muscles without rest, or the exercise of other muscles to relieve them, produces a diseased action, which

destroys their tone and elasticity. It is only by a judicious course of exercise, which brings all the muscles of the body into action, that the depressed portions will fill out, and the whole form expand and assume that compact roundness of contour, and elasticity of motion, which gives the air of grace, suppleness and strength, that we observe in healthy persons of a perfect form.

As well might the musician expect to find the chords of his instrument in harmony and tune, after being left for months screwed up to their utmost strength, as a physician expect to find a healthy tone and elasticity in the muscles of his patient, after having been stretched for months without exercise or variation. Such a course, to say the least, is of equivocal benefit. When the elevator is removed, the muscles will relax; and for the want of strength and energy, they allow the spine to gradually assume its former curved position. But when the spine is straightened by the use of a due quantity of such exercises as tend to develope the strength, size, and activity of the muscles which are connected with, and tend to support it, giving them a harmonious and elastic action — it is impossible for it again to relapse into a curved position, if the body has healthful exercise, unless some accident should occur in after life.

CHAPTER VIII.

Horace Mann on Gymnastics.—Glance at Motorpathic Principles.—Necessity of their underlying all Treatment.—Wilkinson on Hydropathy.

It is too often, that the sick or ailing are indisposed to exertion of any kind. They have given themselves up to listlessness and inactivity. While they remain in this condition their case is almost hopeless. They require to compel themselves to resist this torpor by regularly and actively employing what bodily powers they do possess ; and calisthenic and gymnastic exercises are indispensable to the full development of them.

HORACE MANN, in speaking of the gymnasium, says :—

“ It requires indeed no very strong imagination to see the horrid forms of the diseases themselves, as they are exorcised and driven from the bodies which were once their victims, and are compelled to seek some new tenement. Those prodigious leaps over the vaulting horse, how they kick hereditary gout out of the toes ! Those swift somersets, with their quick and deep breathings, are ejecting bronchitis, asthma and phthisic from the throat and lungs. On yonder pendant rope, consumption is hung up like a malefactor, as it is. Legions of devils are impaled on those parallel bars. Dyspepsia lost hold of her victim when he mounted the flying horse, and has never since been able to regain her throne, and live by gnawing the vitals. There goes a flock of nervous distempers, headaches and tic-doloreux and St. Anthony’s fire ; there they fly out of the window, seeking some stall-fed alderman, or fat millionaire, or aristocratic old lady. Rheumatism and cramps and spasms sit coiled up and chattering in the corners of the room, like satanic imps, as they are ; the strong muscles of the athletic having shaken them off, as the lion shakes the dew-drops from his mane. Jaundice flies away to yellow the cheeks and clear the eyes of my fair young lady, reclining on ottomans in her parlor. The balancing pole

shakes lumbago out of the back, and kinks out of the femoral muscles, and stitches out of the side. Pleurisy and apoplexy and death hover round ; they look into the windows of this hall, but finding brain and lungs and heart defiant of their power, they go away in quest of some lazy cit, some guzzling drone, or some bloated epicure at his late supper, to fasten their fatal fangs upon him. In the mean time the rose blooms again on the pale cheek of the gymnast : his shrivelled skin is filled out, and his non-elastic muscles and bones rejoice anew in the vigor and buoyancy of youth. A place like this ought to be named the Palace of Health.”

Baths not taken on Motorpathic principles, or merely for the object of cleanliness, are comparatively of little use to the sick ; and when many are taken in a day, are directly injurious. The object kept in view in the taking of baths medically, should be their tonic effect, which results from the impetus they give to motion in the system. For this reason a cold bath should not be taken without first producing action in the system sufficient to determine the circulation to the surface. After a bath, brisk exercise should again be taken to produce the desired reaction and a glow of warmth. When this principle of action and reaction is not recognized in the use of cold baths, there is danger of chilling the circulation, or of occasioning congestion of some internal organ, by driving the fluids forcibly from the surface and neglecting to propel them back again by vigorous reaction. The beneficial effect of baths judiciously taken with this Motorpathic object in view, can hardly be too highly estimated.

In speaking of this system of treatment, it would be impossible to enumerate and explain all the different modes and means used, to vivify and make active every part of the body ; and not only to establish a balance of motion in the system as a whole — but to produce a vigorous action in every organ and gland — in every part and point of the body. Suffice it to

say that every therapeutic agent is chosen with direct reference to its capability of increasing, producing or continuing action; whether it be water, electricity, exercise, medicine, or any other means. The test of choice is its availability to this one end — the establishment of motion. Among these therapeutic agents, that part of Motorpathic treatment given personally, which is a process of statuminating vitalization, stands at the head. Diet, the use of water, magnetism, dry-cupping, various modes of exercise, and medication by internal or external application, may be resorted to, when the occasion demands, as aids to a more speedy realization of the object proposed.

The following extract from Wilkinson on the Water-Cure Treatment, will close our remarks on these subjects, not because we have nothing more to say upon them, but because it suits our mood to let the disinterested speak where we *can* be silent.

“ Hydropathy is not medicinal but hygienic, and operates by stimulating or depressing the natural processes of the system. Fluid, either in the shape of vapor or water, exists every where in the active organism; whatever part was dry, would be also dead. And temperature accompanies the frame in the fluids as vehicles. Now the water-cure is allied to the natural moisture every where, and applies itself specially to the universal skin system. Whatever relief can be obtained for suffering, by means of the perspirations, is carried to the greatest degree by those parts of the water treatment which so powerfully favor perspiration.

“ Whatever benefit can come from the tone which cold water so instantaneously arouses, is heightened in the plunge bath, the wet sheet, and the douche. Whatever calmness and coolness can do for the irritations and heats of the body, is brought about in an extraordinary degree by the cold quietude of the sitz bath. In short, the water-cure is the exaggeration of the hygienic processes, until they come to be powerful agents for changing mor-

bid conditions. There is nothing like the action of specific medicines in this method of healing ; for though the actions and reactions of the body are quickened and strengthened, they remain true to themselves, and assume no toxicological phase. Water is not a poison any more than alcohol, though both of them stimulate and depress to an alarming degree, if their use is abused.

" It is hardly necessary to enter the lists in defence of water-cure : the public has derived from it so much benefit, and withal has acquired so much knowledge of the subject, and caution in the knowledge, that the art and science of PREISSNITZ may be considered as established things. The water-cure takes a capital stand among the bases of a common sense hygiene, and while fountains bubble and rivers run, it will not be abandoned by those who love the welfare of their bodies.

" Though hydropathy be not medical in the drug sense, yet it is impossible to say without experiment what number of diseases it can cure.

" We have no certain discrimination of those maladies which arise from stoppage of the natural processes, or from over or under stimulation of the frame. And although every loss of the balance of health depends upon defect of the whole organism, which is too weak to protect itself against circumstances, yet the symptoms of that loss may be combated by circumstantial means. * * * * * For the euration of present ills, the water treatment is often singularly prompt and apt, and as we said just now, experience alone can show how wide, or how limited, its powers in this kind are.

" We incline to consider *energizing* as the formula under which its effects come. Of course we are now speaking of the *cold* water cure ; for the formula of the hot is the very reverse. It is true that the application of cold produces by reaction, glow and heat, but this is an energetic glow, and its perspirations break out with force. On the other hand, the warm bath leaves

a sense of coldness, and its sweats are languid and profuse ; the chilliness that is in them proves that they trickle out of the weakness of the containing parts. The energizing of the cold treatment proves itself in two ways — firstly by bracing the body itself ; and secondly, by bracing, that is to say, increasing in power and quantity the secretions. Both these effects depend upon reaction ; whence, if the energies be not excited depression is the result ; and of this latter state, which is desirable where excitement already exists, the water-cure doctors have made great use. The drinking of cold water in considerable quantities, operates upon the internal organs somewhat as douches and wet sheets upon the skin ; but with this difference, that the viscera are more constant in their reactions, and under the direction of life, are more able to recover their tone than the skin.

“ The water-cure is invaluable for those persons who are the slaves of long habits of ease and indulgence, and whose constitutions are breaking down from the sheer repetition of these imprudent courses. They go to Malvern, and the axe is laid to the root of their tree of evils. Their impossibilities are made possible for them by the rigorous physician, who endures no remonstrances in his house. In an hour they throw down the accumulated baggage of years, and determine to do penance for having carried it so long. Early hours, long walks, long forgotten beauties of nature, re-acquaintance with the crystal springs whose Naiads had been neglected for “ old port,” sweet sleep hours before midnight, and the sense that they are clean human beings, or on the way to such,— all these means carry health to the men who are jaded with business or pleasure, but not yet struck for death. The cold water is the central mortification of the flesh ; it has caught them buried in care or luxuriousness, and like the “ cold pig ” which their school-fellows once emptied over them in their boyish beds, it makes them start to their feet, and touch the ground of realities once more. We attribute much

of the water power to the frigid morality which it inculcates ; to the shock which it gives to the dreaming man, and his lazy organs. For it tells him very plainly that there is to be no comfort in bed or board, but that warmth must be moral and come out of work.

“ But if this be so, then the capacity which the body possesses, to be shocked into its functions, will depend upon the resources of *morale* in the patient, or in a word, upon the capabilities of his faith. All that I have seen or read of the water-cure, strengthens me in this conviction. It appears to me that humanly speaking, there is a certain amount of life and reaction in the upper parts of every man, which may be drawn upon as occasion requires. How much there is, we have probably but little idea ; for each means of calling it down, each syphon that we put into the reservoir, only runs its own kind of life. The quantity of this fluid spirit is therefore practically limited enough, though perchance other means might open a new vein when the old sources dry. But so it is with the water-cure ; it taps the life and *morale* in its own direction, and obtains wonderful supplies.”

C H A P T E R I X.

Cases of Various Chronic Diseases of both Sexes.

MR. H——, aged 46, had been unable to labor for ten years. He was much emaciated, and very desponding and misanthropic. His whole nervous system was completely shattered. He had great debility and lassitude, and was able to eat nothing but plain boiled rice, and even that in small quantities. He had been subject to bronchial inflammation, for several years.

Tone was restored to the digestive organs, and as he improved in this respect, he attained a more cheerful, hopeful frame of mind. The other difficulties were gradually overcome, and he left with health to enter into the business and enjoyments of life.

Miss M. P——, aged 22 years, had for five years been afflicted with dyspepsia. She had had, during that time, frequent attacks of bilious colic. She suffered from tie-douloureux, and from the evils which follow in the train of these diseases. She could eat nothing without occasioning great distress—had chills, cold hands and feet, and great pressure of blood to the head. The neuralgic paroxysms were frequently so severe as almost to deprive her of reason. After the first six weeks, the neuralgic paroxysms had entirely ceased, and the bilious colic was so far controlled by Motorpathic treatment, that the attacks lasted only two or three hours, and she recovered from their effects in a day or two; whereas previously, they lasted from twenty-four to forty hours, and their effects upon her system continued for a week or more. The next six weeks, the bilious colic had disappeared, and lastly uniform healthy digestion was established; and after four months' treatment, she returned to her home, perfectly restored.

Mr. D—, aged 60, had suffered from liver complaint and dyspepsia, many years, and became at last so reduced that his life was despaired of. He had for a long time been unable to take any nourishment, without causing excruciating pain. His bowels were extremely torpid and inactive. The operation of cathartics was procured with great difficulty. The abdominal muscles were contracted so as to constrict the stomach and bowels, and presented to the hand, the tense, hard feeling of an interlining of dried untanned leather. He was literally wasted to a skeleton. He was irritable and fickle, his mental faculties were much impaired, he could with difficulty be made to understand the reasons of any thing. A friend of his, who had returned from this Institution cured, induced him and his wife, to attempt the journey from his own home in Ohio, to this place. He arrived nearer dead than alive, being in a state almost devoid of consciousness. After a few days, a decided improvement under treatment was manifested. In seven weeks he commenced sawing wood for his own fire, and in two months he gained in weight 35 pounds. Four months' treatment, restored him to physical vigor. He became a hale, hearty, intelligent old gentleman.

Miss G—, aged 18, was a very slender, delicate girl—had never been robust. For two years she had suffered much from liver complaint, with its usual symptoms. She had pain in the side and shoulder, a poor appetite, sickness at the stomach, and bilious vomitings. Her complexion was sallow, with yellowish suffusion of the conjunctiva. Menstruation had never been established. She had a slight curvature of the spine, attended with much irritation. It was feared she was rapidly going into a decline.

Her improvement under treatment was such, that in three months she returned home in perfect health.

Mr. B——, aged 29, had been in such ill health as to oblige him to relinquish business for two years. His diseases were liver complaint, dyspepsia, and nervous debility. He suffered much from pain in the right side and under the shoulder blade. He was much emaciated—had little or no appetite, with the usual train of distressing symptoms attending aggravated eases of his disease. His mental faculties were also considerably impaired; there was a partial loss of memory and an inability to converse coherently, more than a few minutes at a time.

Habits of self-abuse had conspired to render his ease almost hopeless. His sleep was much interrupted by his habits. His improvement under treatment exceeded expectation. In three months all symptoms of dyspepsia and liver complaint had disappeared. His appetite was good and his sleep seldom disturbed. Some nervous excitability remained, and his memory, though improving, was still treacherous. He remained under treatment six months, and left cured. His memory was perhaps a little less retentive than in early youth, but with fair mental activity and good bodily health.

Mrs. E——, aged 38, temperament, nervous-bilious,—when a child had had St. Vitus' Danee,—at puberty had been laid up one year with Scrofula in the joints,—had been always sickly and for many years past had been considered by her friends to have consumption. She had from childhood been subject to severe sickness-headaches. The two years previous to her entering the Institution, she had been troubled with dyspepsia, sickness at the stomach, and had had every other day without an exception violent headache. She was very nervous—troubled with canker and acid stomach; and as she expressed it, “Had lived on eat harties for years.” She suffered from disease of the bronchia. Her skin was dry—she was much emaciated and very sallow; and had a worn and pinched expression of countenance.

She improved very slowly under treatment. Many times in the first three months she came to me, saying she was not a bit better

than when she entered the Institution. She could but admit that she was stronger and could take more exercise; but she "did not feel any better." I knew all the time she was better,—that her countenance was clearing and animation was coming back into it,—that her circulation was better,—that her food now nourished her,—and that though her headaches were still severe at times, they were only occasionally as severe as at first.

She remained another three months and her improvement was marked. She returned home in the autumn with good digestion—free from headaches and bronchial disease,—in better health, she said, than she had had before in eighteen years.

I met her father in winter. He expressed much gratitude for the unlooked for *entire* recovery of his daughter. He said on reaching the city she had entered immediately into fashionable life and had been party-going and keeping late hours ever since,—that she was now the gayest of the gay and looked as young as a girl.

Miss —, aged 22,—temperament, biliary—had originally an excellent constitution. She had been troubled with Salt Rheum and had now a chronic diarrhea which for eight years had seldom allowed her to remain in bed all night. Passages were frequently mucous, stringy and bloody. She had coughed mornings for two or three years; and had much pain in the lower part of her back.

On examination, she was found to have inflammation of the bronchia—a spinal irritation with which the left lung sympathized, occasioning some stricture in breathing—congestion of the uterus and two tumors nearly the size of a hen's egg, in the rectum.

She remained under treatment three months and was completely cured of the diarrhea. The tumors had very much lessened but had not wholly disappeared. She was in very good health and with the exception of the tumors apparently free from disease. Her treatment was broken off, with the expectation of resuming it again; but she has not returned.

Mrs. ——, aged 21, had suffered from frequent attacks of diarrhea two years—had become very much emaciated and debilitated—could sit up but little. When she commenced treatment she had from ten to twenty motions of the bowels in twenty-four hours—stools loaded with bile of a dark color, sometimes almost black and very foeted. She suffered much from pain, and had no appetite—profuse leucorrhea was present, probably caused by debility.

Her improvement under treatment was not rapid. It was two months before the liver and bowels were brought into an approximation to healthy action.

She eventually, not only regained her health, but increased powers of endurance, being able to take more exercise without fatigue than she had before done since childhood.

Miss W——, aged 18, had a scrofulous humor, which came out in patches over her whole body. Her head, ears, sides of her face, neck and shoulders, was one entire sore, of a honey-comb like appearance, each pore exuding a very offensive matter. Her hair had fallen from her head, there remaining only a small tuft at the top. She had been taking medicine from various physicians, during the two years previous.

At the end of two months' treatment, the sores were all healed, and in four months she had a good growth of fine hair covering her head. She is now a teacher in a High School, and in good health.

Mr. R—— H——, aged 22, had, when he entered the Institution, a bad curvature of the spine, and six discharging spinal abscesses. He was much emaciated, and so debilitated as to be unable to walk. In three months, the scrofulous sores were all healed except one, which was left open, not thinking it advisable to heal them all at once, and his health became tolerably good, and his flesh firm.

Mr. L. M—, aged 28 years. Difficulties, scrofula, spinal evvature, contraetion of muscles, abseesses, weakness and irritability of the nerves, loss of memory, and loss of the use of limbs. This individual had inherited serofula of the worst desription. He had sixteen discharging abscesses—the curvature of his spine was of fourteen years' standing. The abseesses were all healed except one, which was reduced to the size of a ten cent piece, and a pea inserted to keep up a discharge. The indications of serofula gradually disappeared, and the curvature was so far removed as to increase his height four inches. His general health beeame such as to enable him to walk, run, and endure a reasonable amount of exereise of any kind.

Mrs. E. N—, aged 31 years, had lung disease, with a sharp, dry eough. Her friends considered her incurable from consumption, and thought, that, even should she reeover from that, she would be a victim to insanity. She inherited serofula, her temperament, skin, hair and general appearanee, denoting this disease. She also suffered much from *prolapsus uteri*.

A remarkable feature in this case, was, that on examining and sounding the lungs by stethesope, &c., the left lobe was found in a dry and inactive eondition. She could not inflate it in the least. She had much pain and uneasiness in the chest, was very nervous, and at times deranged. There was in this ease a remarkable combination of difficulties seldom grouped together—nevertheless, she eventually recovered the entire and healthy use of her lungs; the cough and the whole train of weaknesses in a few months disappeared, and she returned to her husband and family, cured, and radiant with health and happiness.

Mr. S—, aged 32, was much emaciated—had a distressing eough, heetic fever, diarrhea, night sweats—in short, every symptom of confirmed consumption. The disease of the lungs, in this

case, had probably been induced or at least greatly aggravated by spinal irritation, and the unnatural position into which the lungs were drawn by a bad curvature of the spine. His physicians had given him up; his friends despaired of his recovery; and when he reached this Institution, he was told that his case was very doubtful, and it was feared, hopeless; but he had taxed to the utmost his little remaining strength in the journey hither, and he entreated that an effort should be made in his behalf, which was acceded to. An abatement in the symptoms was soon observable, and to the surprise of all, his form became measurably erect, his chest expanded, and his breathing was free and full. He gained in flesh as well as strength, and at the end of five months, left the Institution, free from cough.

Mr. W——, aged 34, had had a bronchial affection five years. He was much emaciated, had distressing cough, with constant pain through the chest. For a few months previous to the time of commencing treatment at this Institution, he had grown rapidly worse. His friends feared he was in a hopeless state, but in two months he returned home, in health to recommence business, in which he has been actively engaged ever since.

Mr. H——, aged 62, had had bronchitis for nine years, attended with difficulty of swallowing, and a cough. There was great irritation of the throat, with burning heat and copious secretion of mucus. Recently, the symptoms had become aggravated, the cough and soreness much increased, and the matter raised streaked with blood. He had also hoarseness and difficulty of speech. Three months' treatment removed these difficulties, and restored him to comfortable health.

Mr. D——, aged 35, had been in ill-health some years, and was finally obliged to give up all attention to business. He had enlargement of the spleen, causing pain and swelling in the left side. He had diseased kidney, pain in the back and loins, and was unable to endure any active exercise. By a short course of Motorpathic treatment, he was restored to health.

Mr. D——, aged 39, had for several years suffered from diseased kidneys. He was much emaciated, and in a very debilitated state. He had pain and weakness in the small of the back, and much pain and difficulty in urinating. His lungs were weak, and there was a general wasting of the system, or sinking into nervous consumption.

The kidneys were soon freed from disease, the nervous system was restored to a healthy state, and he was rapidly regaining muscular strength, when he left the Institution.

Mrs. B. G——, aged 45, from Canada, was brought 300 miles by boat and carriage, in an easy chair, her husband, sister and physician accompanying her. Her difficulties were dropsy of the pericardium, enlarged spleen, great weakness of the back and hips, leucorrhea of long standing, menorrhagia, and general weakness and debility. This case, on examination, was thought nearly hopeless. Her blood was very thin and watery—countenance pale and cadaverous, skin glossy, and her feet and ankles much swollen, with many minor difficulties. While under treatment she improved slowly but steadily. To her own delight and that of others, difficulty after difficulty was overcome, until she was perfectly restored, and returned home in good health.

Miss ——, aged 14. Her first symptom of declining health noticed by her parents, was failing memory, about eighteen months previous. A few months subsequently she had an attack of lung fever, and had had a cough since—her pulse one hundred and twenty per minute. She complained of pain and weakness in the small of the back—menstruation commenced at eleven years old, but had not been regular. Had leucorrhea with much irritation. She complained of tenderness of the sternum and more particularly near the apex of the heart. Her bloating was first observed about seven months previous. She had little general appearance of dropsy. Her face was a little bloated, but her abdomen was very large. She improved rapidly under treatment. In six weeks, the size of the abdomen had diminished one-half—her circulation was more moderate and her symptoms in every respect better.

She was under treatment three months, and was perfectly cured. She left without the least symptom of dropsy or chest disease. She took any amount of exercise—walked—raced—and played from morning till night, as gay as a butterfly.

Mr. P——, aged 32, had been out of health ten years; was very nervous; at times desponding and fearful, his mind easily troubled; at others, unduly exhilarated. He was never violent in those fits of preternatural exhilaration, which often came on just at evening, but sometimes very noisy and wild. There was also an almost total loss of memory. His lungs were weak, kidneys diseased, and his whole system much deranged. He improved with surprising rapidity—he became uniformly cheerful, his memory improved, and at the end of six weeks he returned home, convalescent.

Mrs. ——, aged 42, had not been in good health for three or four years. She had some pain in the back, side and head, and occa-

sionally numbness of the hands and feet. Her nervous system had been weak and excitable. Eight months previous, she had attended a protracted meeting—became anxious and somewhat gloomy. Some four or five months after, she had been baptized. Since that she had become impressed with the idea that she had committed an unpardonable sin, and that the Lord had given her over to hardness of heart. Her mind was constantly brooding upon this. She neglected her family, and was wholly unfitted for the enjoyments and duties of life. Her improvement under treatment was remarkable. In a month's time, she was as gay as the gayest—having been naturally as it was found of a very lively temperament, although no one would have suspected it from her appearance when she came. In six weeks she returned to her home in health and freedom of body and mind.

Mr. C——, aged 33, had an attack resembling cholera, which left him with a general prostration of the whole system. He suffered from constant palpitation of the heart, and a general nervous excitability. He could not walk across a room without producing a fit of violent trembling with twitching of the muscles, over which he seemed to lose all control. His intellectual powers suffered in proportion with the physical. He was incapable of any mental effort. A few weeks' treatment produced an entire renovation of his system. He could walk a distance of several miles at a time, and enter into the various exercises and amusements of the Institution, with joy and animation.

Mrs. B——, aged 52, had for many years been exceedingly nervous. Her food distressed her, and she suffered from nausea, headache, and almost every distressed feeling imaginable. Every day she had excessive sinking turns—her eyes would close, a cold

perspiration start out, the pulse at the wrist become imperceptible, the blood settle under her nails, and her whole appearance present every indication of dissolution. She was the widow of a physician who had practiced successfully many years, but had been unable to cure her. After his decease, she applied to physicians far and near; traveled, visited watering places, and tried every kind of treatment recommended by her numerous friends. At length she chanced to meet a friend who was returning home from this Institution, whither she had been conveyed a few months previously, in an almost hopeless stage of consumption. This lady, now enjoying good health, induced her friend also to try this Motorpathic treatment—under which she recovered with surprising rapidity. Seven years ago this truly astonishing cure was performed. Her daughter recently informed us that her mother had enjoyed excellent health ever since.

Mrs. —, aged 53, had been in ill health many years. She had been a great sufferer from neuralgia and nervous fits, having them on an average once a week. The neuralgia was mostly confined to the chest. She had occasional attacks of it in the head and face. She had turns of severe pain in the bowels, attended with cramping and bilious vomitings, which she called neuralgia, but which I considered owing to a diseased state of the liver, and the presence of acrid bile in the alimentary canal. Her improvement under treatment was slow, but at the end of three and a half months she left cured. Some three months after, an acquaintance of hers coming to the Institution, said Mrs. — continued in good health, having had no recurrence of her disease—that she had dismissed her help, and was performing the labor of the household without assistance.

Mrs. —, aged 39, had been taken twelve years previous, with palpitation of the heart, and had since had frequent, severe par-

oxysms, of several hours in duration. On examination, it was found that both liver and spleen were hypertrophied. She had a bad leueorrhea, and the *os-uteri* was covered with small tumors. She had been growing thin in flesh for some time, and the scrofulous cachexy had become very apparent. She could not make a sudden movement or take any active exercise, on account of its inereasing the action of the heart. She did not remain long in this condition, after treatment was commenced. It had the desired effect of bringing about a healthier action of the system. She had but one severe paroxysm of palpitation after commencing treatment. That was near the close of the first month. All her other difficulties subsided, and she gained in flesh and strength. She took a large amount of active exercise for weeks before leaving.

Miss A. R—, aged 28, had a partial paralysis of the left side of the body—the limbs and even that side of the head being affected, which caused pain and a strange, uneasy sensation of numbness. Her nerves were very weak and irritable—digestion impaired—bowels very costive—cold hands and feet, with occasional great heat—liver in a torpid state, lungs very weak, and a stubborn bronchitis. After all other diffieulties were removed, the inflammation of the bronchia, and enlargement of the tonsils continued for some time, but these diseases were also eventually overcome. She left, feeling (to use her own words,) like another being, and more like her former self, than she had ever expected to be again.

Miss T—, a young lady, while attending school, had an attack of paralysis or numb-palsy, through her left side. Three weeks after the attack she was brought to this Institution. She had had no passage from her bowels in twenty-one days, during which time she had taken twenty-seven potions of physic. Previous to the

attack of paralysis, she had been considered in rather a precarious situation with a cough and liver complaint, several of her family having died of consumption. In seven weeks she returned to her parents convalescent, and in a short time regained health, in the enjoyment of which, she continues to the present time, now five years since her treatment.

Mr. ——, had been subject to attacks of epilepsy, or falling sickness for several years, at first at long intervals, but latterly of frequent recurrence, sometimes several in a day. Diagnosis—great determination of blood to the head; face and hands presenting the blue or purple appearance of one in a state of strangulation; also, great mental derangement. He began to improve immediately under this treatment, and at the end of six weeks, returned home perfectly restored to health, both in body and mind. He has had NO RECURRENCE of the disease.

Miss ——, aged 22, had been for something more than two years past, subject to epilepsy. She was also in the habit of walking in her sleep. These fits of somnolency supervened to any trifling excitement, so that she came to expect either sleep-walking or epilepsy to follow a day of excitement or fatigue. She occasionally had daily periodical turns of drowsiness or lethargy, from which it was almost impossible to arouse her. Her face flushed painfully at times. Her circulation was accelerated at all times, and emotion or agitation rendered it very rapid. She was all nervous excitement. On examination, her uterus was found very much congested, the *cervix* rigid, and the organ very much fallen. One month's treatment reduced the uterus to its natural size, and caused it to maintain an upright position. The *cervix* gradually lost its rigidity. She had no fit of epilepsy after commencing treatment, but occasionally symptoms of its approach. She remained under treatment, two and a half months, and left cured.

Miss E—, aged 21, had been in ill-health ten years. She was highly serofulous, had a compound curvature of the spine, prolapsus uteri, indigestion, and great nervous debility. She was constitutionally delicate; her monthly periods had never been regularly established. She had been eight years subject to paroxysms of palpitation of the heart, and violent spasmodic convulsions daily, and often several times a day, which nothing but morphine would alleviate. She had taken this medicine regularly three times a day—oftener when the spasms increased in severity or frequency—eight years! increasing the dose till the quantity daily taken was enormous.

A short course of treatment removed all difficulties, except the curvature, which was rapidly progressing to a cure. She had not the slightest symptom of spasm for weeks before she left, and was entirely released from the habit of opium taking, which had so long been destroying her mental as well as physical faculties.

Mrs. S—, aged 35, had been afflicted with spinal irritation five years, which caused her intense suffering. She had resorted to the usual method of treating this disease—blisters, tartar emetic applications, seatons, and caustic, without obtaining more than a temporary relief. So acute was her suffering, that she was in the habit of applying a fresh blister whenever she wished to make any particular exertion, the external irritation produced by the blister rendering her less conscious of the original pain. She could not raise her hands to her head, or indeed, move her arms without increase of pain. Her face was usually painfully flushed, and her head hot, while her hands and feet were cold. The second night after commencing treatment, she was able to lie in bed the whole night, and rested well, which she had not done before in four years. She was soon able to bowl, and enter into the gymnastic and calisthenic exercises with enjoyment. In six weeks, she returned home in perfect health.

A little boy, aged two years, having very imperfect use of his limbs, and some distortion of the spine, was brought to this Institution by his mother, whose maternal anxiety was, perhaps, more excited, in consequence of her eldest child, a boy of 16 years, being a deformed cripple; his disease having commenced in infancy, in the same manner as that of the present one. The child was under treatment two months, the mother remaining with him, and discharging her duties with a praiseworthy perseverance. She was rewarded by the perfect restoration of the child.

There are hundreds of children suffered to grow up unhealthy, deformed or without the use of their limbs, with intellects blunted, and with systems filled with scrofula, exhibiting itself in various forms, who might be made perfectly healthy by proper treatment.

Miss M. D—, aged 26 years.—This was a case of compound lateral curvature of the spine, of five years' standing. The ribs on the right side were much thrown out, those on the left being correspondingly depressed. The right shoulder was three and a half inches higher than the left. The left hip was thrown forward and up. After six months' treatment, this lady was discharged, perfectly restored in health and in symmetry of form. Four years have elapsed, and she continues perfectly well, being able to discharge all kinds of household duties.

Miss W—, aged 19, had a compound lateral curvature of the spine of four years' standing. One shoulder was enlarged, and the opposite hip thrown out, making one limb several inches shorter than the other. There was also a partial laxation of the hip joint, which rendered it impossible for her to walk without a crutch. When she had been five weeks under treatment, she discarded the crutch, having no further need of it. Her hip rapidly regained its natural position and strength, and she can walk several miles at a time. Her lameness is not perceptible.

Mrs. ——, aged 33, commenced treatment for sciatica, from which she had lost the use of her hip. She had not walked in eighteen months.

Perfect motion and use of the hip was established in less than two months, so that she could walk, run and exercise in various ways, without the least detriment.

Miss ——, aged 22, after performing a journey of five hundred miles upon a bed, arrived at this Institution, helpless as an infant. She had a posterior and anterior curvature of the spine, with caries of the lower dorsal vertebrae, accompanied with extreme irritation along the whole spinal column, producing great nervous excitability throughout the system. She had been an invalid eight years, and six years and a half of that time, she had not been able to sit up or bear her weight upon her feet. The least pressure upon any of the vertebrae produced pain, and frequently severe spasms. Convulsions of more or less severity, were a frequent attendant through her sickness; sometimes they lasted but a few minutes, and at others they continued for hours. They frequently reduced her to that degree, that she could not articulate a word above a whisper for some time after. She suffered constantly from neuralgic pains, either in the stomach, head, back, bowels or uterus. Nothing relieved these, but large and repeated opiates. The system became so accustomed to these, that they afforded little or no relief, even when taken to the amount of half an ounce of laudanum per day.

The loss of *visa-motile* power in the bowels, occasioned by pressure upon the spinal nerves from curvature of the spine, caused confirmed constipation, the bowels being almost in a paralyzed state, and this torpidity was increased by the opiates to such a degree, that it required powerful cathartics and enemas to move them. The stomach, liver and pancreas were much diseased. There was a paralysis through one side and limb, affecting the internal viscera, and particularly the uterus and rectum. An examination per speculum, showed scrofulous ulceration of the vagina. There

were also granulations of the *os-uteri* and the enlargement of the uterus. The granulations were small, hard and very numerous. There was a leucorrhæal discharge, and much heat in the vaginal membrane. When she had been six weeks under treatment, she walked up and down two flights of stairs, and all about the house with being led—ulcerations were improving—better in every respect. At the end of three and a half months, the ulcerations had healed, the granulations disappeared, leucorrhæa also, except occasionally, after over fatigue. She walked from half a mile to a mile at a time, several times daily, and took active exercise in bowling, calisthenics, gymnastics, &c., &c. She was under treatment six months, and obtained an erect carriage. All tenderness had left the spine. There remained a slight unevenness, owing to the caries. Though it was impossible that her constitution should become firm and strong, she left in comfortable health, and could endure more fatigue than very many who think their health perfect.

We shall give but a partial history of the following case, for should we describe it in detail, we should fear the incredulity of our readers. She had been a medical anomaly, causing sufficient curiosity to call together, over sixty medical gentlemen, who examined her case, and agreed in at least one opinion, that it was beyond their medical acumen to account for all the various phenomena exhibited in her case.

This lady was twenty three years of age. She had fallen from a wagon while a child, and injured her spine. During nine years she had been unable to walk or sit up but little, and for four years previous to being placed under our care, she had not turned in bed, but had lain upon her left side during all that time. When she arrived, she was in a comatose state, and remained so for some time after. When she became conscious, she commenced gesticulating or nervously throwing out her hands and arms, in a rapid and involuntary manner. These motions had been continued for three years, except when asleep or in fits. On attempting to hold her hands or arms, it would increase her misery, and if persisted in

would cause her severe convulsions. Her lower limbs were drawn up, so that her heels laid tight against her thighs. Her foot was contracted so as almost to form a straight line with her leg. The toes were drawn in and embedded in the ball of the foot. The above condition of her limbs and feet had existed, without a moment's change, for four years. During this time or for three years past, she had daily convulsions, and sometimes she lay in them, the greater part of the day. She had a scrofulous tumor in each breast, the size of a small egg, one of which was of a dark-purple hue, and very painful at times. She had been subject to discharges of blood and dark, fœtid matter from the head. It escaped, usually, through her nose and mouth, but sometimes from her ears. It could be produced at will, by gently pressing the hand upon the head, over the organ of reverence, when it would immediately gush out at the mouth. This bursting forth of a blood-like fluid, was sometimes spontaneous, and appeared to occur periodically. She never menstruated, unless this was a vicarious appearance of it. Her nervous system was so excitable at times, that the least touch would throw her into convulsions. After some of those fits, her jaws would be set, so that she could not move them, or speak for several weeks. She had turns of bloating in the abdomen, extending it to the utmost tension of the skin, and would remain so for several days. Then it would suddenly and unaccountably disappear, without an escape of gas, or a discharge from the bowels, bladder or vagina, leaving the bowels soft, flabby and sunken. She would at other times lay for hours and days, rigid, and without appearance of life. At times, it would appear as if the urine and faeces were more or less absorbed, and secreted through the skin. There was a paralysis throughout the urinary organs, caused by a lateral curvature of the spine. The bougie and syringe had to be frequently used, or there would be no passage from the bladder or bowels. The curvature between the shoulders, produced an irritation, or dry inflammation of the lungs, causing laborious respiration, something like asthma, resembling the last agouy in death. Those unacquainted with her, would naturally suppose she was dying. This state would at times last for several days. She was extremely irritable and tender about the external genital organs, so much so, that bathing the parts with water, occasioned fits.

Internally, the vaginal membrane put on the same inflamed appearance. The *os-uteri* and *cerix* were much swollen, and fallen so as to rest upon the perineum. An offensive leucorrhœa, of a corroding nature, attended her all the time. The right shoulder was much enlarged, and the opposite hip was thrown upward, causing one leg to be four inches shorter than the other. Her pulse could be seldom be felt at the wrist, and when felt, were so rapid they could not be counted.

Mortorpathic treatment soon subdued the inflammation, and lessened the extreme nervous irritability. Special attention was given to the spine, having regarded its inability to transmit vital power, as the primary cause of her peculiar symptoms. The uterus was with extreme difficulty made to maintain its natural position. She was nearly two months under treatment, before the feet could be moved more than a few inches from the hips ; and when that much was gained, instead of their continuing to straighten gradually, it was accomplished suddenly, as by a spasmotic movement. The contraction of the toes did not yield, until some weeks after. Her recovery was continually being interrupted by relapses of one kind or another. It was some six months before she could walk without assistance. By perseverance through many discouragements, one difficulty after another gave way, until they were all removed. She was under treatment fourteen months. In less than one year after leaving the Institution, she was married to an estimable young man, and is very happy.

I am fully persuaded that the spinal curvature was the whole cause of all her other difficulties ; and the curvature, I think, was more owing to hereditary scrofula, than to the fall from the wagon, as most physicians had supposed.

In the treatment of consumption, bronchitis and scrofula much is gained by the use of medicated electric baths. My method of using them is this :—First put the patient into a warm medicated bath, into which is poured a continuous current of negative electricity. This chemically destroys the oily acids and other impurities of the cuticle, setting free all scrofulous and morbid humors—not only those upon the surface but inviting the whole organism, and the 18 miles of excretory vessels in the system to throw off by those

natural channels the dead and impure matter in the circulation. Then while the myriads of mouths freed of their contents are open to take in the chemical food of the second bath, the patient is removed to it. To this second bath has been previously added some of the blood renewing and purifying chemicals, as the hypophosphites of lime and soda,—the phosphate of potassa,—phosphoric acid,—phosphate of iron or some of the sulphurets as indicated by the temperament, disease or idiosyncrasy of the patient. These chemical aliments are alterative and nourishing and capable of repairing losses in many parts of the body; and the little hungry mouths of the absorbents suck in the stimulating nourishment. The electric currents from the positive pole of the chemical battery which is applied to this bath, powerfully co-act with the efforts of nature, which are always in the endeavor to carry healthy deposits to parts where most needed. Diseased nature is ever thirsting after healthy supplies; and in the effort to remove disease.

The alternating between these two baths—the one to extract impurities, and the other to feed, stimulate and renew life, will at once be seen to possess great advantages in scrofulous diseases; and in all complaints connected with, or dependent upon impurities of the blood.

Articles to the same end are given by the mouth, by enemas and by inhalation in consumption and bronchitis to break up tubercular deposits, heal ulcers and restore tone and freedom of action to the air-passages. In some cases of lung disease medicated oils are used over the chest and body on removal from the second bath, to shield from inclemency, and to keep up a continued stimulation from the absorbents of the skin; an object allowed by all parties to be of essential consideration in diseases of this nature.

These together are valuable auxiliaries to the peculiar stimulation of cold baths and the invigoration of Motorpathic treatment; which permeates and braces up, as with fibres of strength and vitality, the whole system, making it a life battery of power. Not only is the person freed from any existing disease, but the constitution is built up, and the vigorous circulation and healthy action secured in all parts, gives increased power to resist its future encroachment.

CHAPTER X.

Woman.—Her Physical Condition in a state of nature.—Its Contrast under Civilization.—Necessity of reform in her Habits.—Cause of greater success in Institutional than Private Practice.

In tracing the history of woman in the early Asiatic and European nations, we find her passing most of her time in the open air—in the care of flocks—in the gathering of fruits—and in assisting in the lighter portions of husbandry. Her dwelling was a tent or a house which admitted the air freely, being without doors or windows, and the storm and cold beating in at all the corners and crevices. Horses and carriages were things almost unknown. She performed her journeys and her frequent religious pilgrimages, through countries or through provinces, whether of a few miles or of many, by the unassisted aid of her native locomotive powers.

What was the effect of all this exposure and hardship? Did she droop and die before half the years allotted to her species were numbered? On the contrary, it was a period of her particular longevity. Did she suffer from colds and inflammations on entering womanhood—that time, from some exposure in which, so many at the present day date their ill health? Colds and suppressions were things at that time scarcely known. The girl passed through the physical changes which constitute her a woman, without pain. When she became a wife and entered the delicate state of maternity—that crowning perfection of her sex—she passed through this ordeal, without any of those nervous agitations, those pains and sympathetic affections, which renders the life of so many married women at the present day, a ceaseless succession of languor and suffering. She pursued her journeys or out-door employments up to the very time of giving birth; and that event, instead of being the occasion of sickness

and prostration for weeks or months after, scarcely interrupted her ordinary avocations.

Perhaps some will say this was in the primeval state of man, when he was fresh from the hands of his Creator ; and that the climate was better adapted to living in the open air than now. To some extent this is true. But the Indian women — those children of nature in our own woods — and those still farther north, have the same exemption from disease, and bear hardship and exposure with the same impunity, as was enjoyed by those ancient children of nature ; showing that at this day, like habits of life produce like vigor and hardihood of the physical frame, and adapts woman's nature and the development of her physiological perfections to her native climate, whether it be cold or warm.

What a striking contrast to the condition of woman in civilized countries, particularly in America. Here, all her occupations are in-doors, and constitute too often a ceaseless round of domestic drudgery, unenlivened by change, and almost unalleviated by rest. Her household cares are ceaseless. Even the short respite of sleep is frequently rendered fitful by the cares necessary to a sick child, or the ever-recurring wants of an infant. Add to this the deleterious effects accruing to so many of her sex, from confinement to sedentary employments, usually in close, unventilated apartments : and the confinement and occupation so unremitting, as scarcely to allow the unhappy female to inhale the fresh, pure atmosphere for weeks together.

All her occupations, all her pleasures and labors, are of such a nature as to tax, particularly, her nervous energy ; and what means has she for replenishing this constant drain upon her *vita-motive* powers ? The assistance of pure air — an indispensable ingredient for its plentiful formation — is denied ; and the cheerful, spontaneous activity of her muscular system necessary to a healthy digestion and assimilation is also denied. Whence shall her brain draw its nourishment, and the means for supply-

ing the large demands constantly made upon it? No wonder she is nervous and irritable. No wonder that she suffers from exhaustion — that she looks worn — that she becomes pale and sickly — that she fades before her time, and fills an early grave.

On the other hand, the wealthy are enervated by luxury till the simple act of breathing becomes too often an effort. As for using their God-given motive powers — their muscles and tendons vigorously or usefully — it is unladylike, and not to be thought of. To walk five or ten miles of a morning to see a friend, further some benevolent object, or to attend church, would be to show herself vulgarly robust. In short, delicacy of body and weakness of muscle, has become a fashion among American women.

The girl, before she leaves the nursery, is taught to restrain all active manifestations. No vigorous outbursts of physical activity are allowed. The cravings of her nature for the exercise of her organs, are not to be gratified. She must not shout or laugh, or run, or be noisy. She must shun boisterousness above everything, and not romp and play out of doors; it would be an unpardonable vulgarity. All the involuntary promptings of her physical powers for use, are to be curbed, checked, quieted.

Sadly, in the end, does nature avenge herself for this imposed constraint. It is one of her unalterable laws, that whatever power or capacity she confers, whether of mind or body, if denied use, languishes and becomes torpid, or puts on a morbid and diseased action. This is also the case when any power, capacity or function of the human body is overtaxed — made to perform too much labor. For instance, the man who habitually makes his stomach digest twice the quantity of food requisite for the nourishment of his body, will sooner or later, be troubled with indigestion. Protracted hard labor beyond the individual's powers of endurance, occasions rheumatisms, stiffness of the muscles, or flaccidity and want of power. On the other hand, every faculty or function requires use for the full development

of its powers. This is evident from the effect upon a limb which has been kept for weeks or months in one position. The muscles either become contracted and stiff, or soft and relaxed ; in either case incapable of manifesting their full powers of motion, which have to be gradually induced in them by use.

And what attention does this imperative demand for use have in the education of woman at the present day ? Alas ! very little. Woman, as a general thing, is taught to curb or suppress all the strengthening faculties of her mind and body. In mental exercises, what bold graspings of the intellect are thought to be in woman's province ? Mathematics, philosophy and the sterner sciences, are supposed unsuited to her. There is left but music, painting, poetry and the literature of the sentiments ; all good as a portion of her education, but all tending to refine rather than strengthen. Were it not for the moral power sometimes springing out of the cultivation of her sentiments, and like a spiritual halo enveloping and preserving her in its pure brightness, the world would sicken of weakness and inanity. Were it not for these occasional glimpses of the angel in woman — where her weakness is made her strength — the wings of our poetic estimation of her, would trail in the dust.

He who could revolutionize the system of woman's education, and establish it on philosophic principles, where all the faculties of her physical nature should be strengthened and harmoniously developed by culture, as well as all the faculties of the mind and heart ; would confer such a blessing upon humanity, as no physician could hope to emulate. And until there is a reformation in her habits, and she comes to recognize the fact that her physical powers must have use — until she emerges from her delirium and puts forth her strength, and wills and accomplishes uses ; she must suffer. It is the law of nature, and nature is a jealous ruler and will be obeyed.

Her sufferings may be alleviated by the skill of her physician, but unless she moulds her habits in some degree, into obedience

with the requirements of nature, it will be only alleviation and mitigation. There will be no thorough renovation, no enduring elasticity and strength of constitution.

This is one reason why it is advantageous to an invalid to leave home, and be placed in an institution, or under the care of a physician, where the diet, exercise, and all the habits are under his personal supervision. Many extreme cases, where the physical powers lie in ruins, and both mind and body are suffering from the weight of disease, are raised to a state of health and strength, in an institution, whom it would be impossible to cure, if attended by the same physician at home. New associations, the greater ease of forming new and better habits, all have their influence. And in some cases it is necessary to make use of every beneficial influence in the patient's behalf. In private practice, it is often the case that a physician cannot, in his patient's house, command the facilities for carrying out such a treatment as his better judgment might suggest. Consequently the patient is prescribed for, and advised according to the means at hand. In an institution, every means that art, aided by experience, can bring to bear upon a patient for his benefit, can be put into requisition, and of course, improvement can be made more rapid and recovery more certain.

When woman shall attain a better knowledge of the laws of health, and the pain of their infringement — when she shall learn to look upon sickness in its true light, as a penalty for the transgression of some physical law, instead of blindly laying her load of suffering and misery at the door of Providence, and waiting with folded hands until some miracle shall be performed in her behalf, she will have done much toward lessening the evils of her condition. She will then have learned the first lesson inscribed as an unvarying principle of nature on all living things, that power is given according to *use*. If she would have elasticity of muscle — ease and gracefulness of motion — she must use her muscles not merely in staid movements and

promenades, but give them free and vigorous use in all the flexions of which they are capable.

Would she have a blooming, healthful complexion? Rise early and take much out-door exercise, that her blood may not be sent through her veins in sluggish, dark currents, but by exposure to pure air, be properly decarbonized and sent leaping with joy through the system, tinging the cheeks with its own brilliant hues. So with all the powers with which she has been blest. Let her "not hide them under a bushel, or bury them in the earth," but give them free use. Then her harmonious developments shall not dazzle merely, but delight; she will cause happiness wherever she appears, and carry within herself a well-spring of cheerfulness and peace.

CHAPTER XI.

PATHOLOGY OF UTERINE DISEASES.

THESE diseases have been thought among the most formidable, and considered less susceptible of permanent cure than most, if not any other class of diseases. Few diseases are so general in their selection of victims, as these. Wherever civilization has placed her footsteps, and an artificial state of society has begun its weakening process, there uterine diseases have followed like destroying angels, ready to avenge the transgression of nature's laws. In America these diseases have become so common that scarcely a woman can be met who has not, at some period of her life, suffered from derangement of the uterine functions.

Perhaps there is no organ in the system more important in its offices, than that of the uterus; and certainly the disease of no other produces a train of more distressing sympathetic affections. These sympathetic affections are frequently so urgent as to be mistaken by the physician for the primary disease; and the unhappy patient is treated for first one disease, and then another, until, at length, she sinks under her accumulated suffering.

"It is well known in the practice of medicine, that diseases do not always produce external symptoms proportionate to their degree of severity or danger. This observation is peculiarly applicable to affections of the uterus. We frequently find this organ in a state of disease, which admits no hope of cure, while the general health does not seem to suffer in the least. The complexion is yet fresh and blooming, while the patient presents nothing but a few insignificant symptoms of disorder in the generative organs. On the other hand, we observe women who are affected in a very slight manner, become thin, suffer excessive pain, and gradually waste away.

"Hence, the necessity of a most careful examination the moment we suspect the existence of the disease in this part of the body. In general, we mark the following precursory symptoms: The woman loses a small quantity of blood from time to time, without any pain, or has a leucorrhœa, which continues during the interval of menstruation. The breasts become slightly tumid, and she thinks this often

a sign of good health. She feels some pain in the loins after walking or riding in a rough carriage. When she stands for any length of time, a sense of fatigue in the pelvis and of dragging in the loins compels her to sit down. Coition is often followed by a slight loss of blood, and excites slight pain, which may disappear quickly, or remain for one, two, or even three days. Sometimes the disease is arrested at this point, and ceases spontaneously; but more frequently the fluor albus becomes more abundant; the woman experiences pain, not usually in the uterus, but about the loins, the round and broad ligaments, or even a pain running down the back of the thighs and legs to the heels, whence it is often mistaken for sciatica; the pain may also extend towards the umbilicus to the flanks, or very often to the rectum, especially when the neck of the uterus, thrown backward by a slight anteversion of the organ, presses on the intestine. The floodings now succeed each other at shorter intervals; the breasts dwindle away, and a sympathetic gastro-enteritis declares itself; the patient is affected during the day by a slight fever, recurring at intervals more or less frequent, or by nervous attacks; the skin is dry: digestion becomes deranged; the woman loses flesh and complexion, and the whole skin assumes a sickly, dull color.

"The disease seldom arrives at this point without a physician being consulted, and it is now easily discovered: but at other times, as has been remarked, the disorder, though hidden, increases, while the general health seems perfect, and only reveals itself on a sudden, with alarming symptoms; digestion is interrupted, and the patient is afflicted with excessive pain; hemorrhage now sets in and recurs frequently; the skin becomes dry and earthly-colored; finally, a colliquative diarrhea makes its appearance, and terminates the scene.

"The period, unfortunately, is not very distant from the present time, when diseases of the uterus were involved in great obscurity. On the one hand, they were considered as essentially fatal, when they had made a little progress; on the other they were completely mistaken or neglected, as inconveniences too simple to arrest the attention of the surgeon. In the former case the practitioner, struck with the inefficacy of his art, found himself compelled to employ nothing but palliative measures, and saw his patient fall a victim to the most violent suffering. But within a few years

numerous researches, made in pathological and surgical anatomy, have thrown considerable light on this important part of pathology.

" By a more rigorous examination of the symptoms revealing the alterations of the uterine tissues, we are now enabled to establish new distinctions to prove, by pathological anatomy, and the effect of treatment, that many uterine diseases are much less dangerous than have been imagined, and that they frequently are neither of a carcinomatous nor a scirrhous nature. Notwithstanding this great success, disease of the uterus sometimes resists all treatment. Every surgeon knows that many women, yielding to a false shame, refuse to submit to an examination, and permit the affection to go until an operation is indispensable; and I am compelled to observe, that although the new ideas on diseases of the uterus have already been laid before the public, yet that the old ideas are so rooted, that many physicians remain too frequently tranquil spectators of the progress made by the disease."^{*}"

The hitherto-supposed inherently, unyielding character of uterine diseases, has probably led to the almost universal adoption of harsh remedies, which have aggravated the disease in more instances than they have cured it. The nature of the disease attacking the organ, appears to have made but little difference with the severity of the remedies used; whether it was of a kind which produced alterations in the structure, as scirrhous, cancer, tumors, polypi, fungous growths, or ulcers; or whether it was of a kind referable to functional derangement or weakness; as prolapsus, anteversion, and retroversion of that organ, leucorrhœa, neuralgia of the organ, catamenial suppression, &c.

A popular author^t on the diseases of females, says: " Collating the opinions of others resting on cases, with the facts observed by myself, I am convinced that mercury and iodine aided by iron and the horizontal position, are the best general remedies. But in cancer of the *cervix-uteri* even these are not to be relied on alone; external or local treatment must be employed. The iodide of iron I have exhibited in combination with the ioduret of arsenic and conium. * * * * * * *

" These drugs, however, (referring to belladonna, hyosyamus, stramonium, and aconitum,) and especially iodine, mercury, and iron, should form a part of the treatment."

* Lisfranc. † Ashwell.

And as if it were not enough that the strength of the patient should be preyed upon by the disease and the prostrating effect of these medicines, bleeding, leeches, scarifications, and blisters are resorted to as a local remedy. On this point, the same author says: "Blood-letting in some instances by venesection, but most frequently by cupping and leeches applied to the perineum, vulva, or *cervix-uteri*, or by scarifications of this latter part, has long ranked among the most efficient means for diminishing the rise, and arresting the advance of cancerous growths." In cases of prolapsus, retroversion, and anteversion of the uterus and other displacements of that organ, the treatment is but little milder. Referring again to the same author, he says, in speaking of these, that "cases occur where fomentations, leeches, and scarifications are required in addition to general bleeding and antiphlogistic treatment."

What language can be found forcible enough to express the disapprobation such a course of treatment in these cases deserves? The system which is suffering from the wasting, debilitating influence of cancerous formations or scirrrous deposit, requires all the blood it has for its support, and by taking away any of that life-sustaining current, the chance of recovery is diminished, in proportion to the quantity withdrawn. And surely these most irritating, excruciating diseases are sufficiently exhausting to the nervous system, without any auxiliary irritants. The system, in these diseases, pre-eminently requires soothing, and the invigorating vitalization which the process of personal Motorpathic treatment gives. This should be aided by external as well as internal medication, and soothing local applications, modified by degrees to invigorating ones.

In uterine displacements, as well might we think of setting a broken bone by general or local blood-letting, as expect to replace a prolapsed uterus by it; or we might as soon expect to reduce a displaced joint by the exhibition of mercury, and the application of leeches, as to permanently restore the flexions of that organ by such a course.

It is readily admitted, that pessaries have sometimes been useful, in the absence of better knowledge, in supporting the uterus in an upright position. But they are an unnatural support, and one to which nature will not long consent. They have far oftener proved

injurious than beneficial. They have been of too large size, of an objectionable shape, injudiciously used, and almost universally worn too long without removal.

Dieffanback says that "he has frequently known the pessary to occasion putrid discharges from the vagina; in some cases dilatation to a most inconvenient extent; in others, contraction of the same organ; in other females, dangerous cancerous or fungous productions from the vaginal mucous membrane." "Sometimes," he says, "I was able to extract the foreign body with my fingers, but in many cases, it was necessary to break it up with strong forceps, before the fragments of a stinking, encrusted substance, whose composition could not easily be determined, were removed. Several patients labored under excessive irritation of the bladder, and when the foreign body was large, many suffered for years under obstinate constipation."

My own experience fully corroborates that of Dieffanbaek. I have often found hardening of the vaginal membrane, and its sensibility either destroyed, or very much heightened. Sometimes there were excoriations of the membrane, and not unfrequently, when the pessary was made of india rubber, the thick, encrusted substance that had formed upon it, had eaten holes in the instrument, making it very difficult to remove with safety. It is my opinion they should never be worn. The vaginal membrane is a tissue of so delicate and sensitive a nature, that it cannot, without injury, bear the continued pressure of any foreign body.

Another artificial support it would be well to notice, on account of its popular adoption, viz: braces, or abdominal supports worn outside the person. These produce more extensive derangement of the abdominal viscera, than those worn inside; and not of the abdominal viscera and muscles only, for by their extensive pressure they check the free expansion of the diaphragm, and in consequence are an obstruction to the full and healthful inhalation or expansion of the lungs. Add to these the deleterious effect of their pressure upon the spine, through the weakening of which the whole system more or less suffers, and particularly the uterine organs.

By these artificial supports, digestion is impeded, the free motion of the bowels is prevented, causing constipation and piles; and lastly, by constantly pressing down the bowels, the uterus, whose

supporting museles had been weakened by pressure upon the spine, is pushed out of place, and thus the very disease brought on which the supporter was intended to prevent or cure. On removing them from persons who had worn them a long time, the circulation in the capillary vessels underneath them, has frequently been found so obstructed, that the skin was quite black ; and occasionally there was a large ridge swollen and hard across the abdomen, just above the supporter.

Headaches, weakness of the lungs, dyspepsia, pain in the limbs, all the various forms of hysteria, nervous sensibility, neuralgia, tic-doloureux, constipation, piles and urinary difficulties may be, and oftener than otherwise are, the result of disease of the uterus and its appendages. So intimately is this organ connected with the brain, that it is quite impossible for the one to be affected without the other's suffering. As the disease progresses, and by its sympathetic control over the action of the other organs, first one and then another become diseased, pain in the head and giddiness supervene, with loss of memory and confusion of ideas.

The hectic flush, glassy eye, distressing cough, and palpitating heart—all symptoms alarming in their nature—may often be traced to uterine derangement as their cause.

MOTORPATHY discards the use of artificial supports and all harsh medicines in the cure of uterine difficulties, but is in itself, a system of statuminating and vitalizing motion, founded on new pathological principles, by which permanent cures have been effected with an ease and certainty, heretofore unattained by any system of therapeutics.

CHAPTER XII.

Functional Diseases—Amenorrhea—Cases—Treatment.

THOSE diseases of the uterine system, which depend on an increased or diminished natural secretion, or upon a vitiated one, unaccompanied by change of place or structure in the organs, will be called functional diseases. Of these amenorrhea—a suppression or non-appearance of the menses—will be the first spoken of.

It is common to see girls, at some period between the ages of fourteen and seventeen, put on an appearance of over-growth. Their bones and sinews—the mere frame-work of the body—seems to have extended in advance, as it were—to have got the start of the muscular and vital system. As health and strength depend upon a balance of activity or motion in all the parts, which gives a corresponding harmonious development of the whole system, this want of balance between the frame-work of the body and the development of muscle which gives the body strength, elasticity of action and gracefulness of motion, is of itself a sufficient indication, that nature has not yet perfected the exterior physical developments which should precede the menses.

It is not desirable that the menses should occur, before the physical system approximates to its full development. By stimulating diet, sedentary habits and injudicious mental training, it is quite common for girls at this age to show evidences of a plethoric state of the system. In these cases if the menses do not make their appearance, danger is to be apprehended, from the fullness of the blood-vessels which may produce hysteria, convulsions or epilepsy, or predispose to inflammations and congestions, particularly, of the brain or lungs. The girl, though apparently fresh and healthy, is not strong. She has flushings of the face, weakness of limbs, languor and tremors.

In both of these forms, under which there is a non-appearance of the menses, motion—increased action—is so obviously indicated that the more judicious physicians have generally made active exercise one of their prescriptions, as riding on horseback, house-

hold employment, walking, &c. If to active exercise in the open air, commenced according to the strength of the patient, regularly taken and gradually increased, be added a moderate and judicious use of baths, particularly of the shower and sponge bath, with a regulation of the diet according to the habits of the patient, no other treatment or medication will be necessary in ninety-five cases out of a hundred.

In both the forms of tardy menses under consideration, the diet should be of easy digestion and so chosen as to obviate any irregularity of bowels which may exist. It is particularly necessary that no hard faeces should be allowed to accumulate in the rectum, for by their presence the uterine nerves are very much irritated, causing liability to hysteria or some nervous accident, and the circulation in the vessels is retarded, occasioning a hindrance of the appearance sought. The diet in the plethoric cases should be spare, confined mostly to milk and vegetables. In the others more full and nourishing, but without an admixture of rich compounds, as cake, sweetmeats and pastry, or fat and oily substances.

When the girl is seen to be improving, her countenance to be more animated, with less repugnance to exercise, and her strength increasing, no uneasiness need be felt. An unremitting perseverance in her renovated habits, will eventually assist nature to the accomplishment of her purpose, in perfecting the girl's womanhood.

Where these means fail, or where there is great urgency of symptoms, a full Motorpathic treatment should be resorted to, aided by warm or vapor baths, alternated with showers. These are particularly useful at those times, when nature makes periodical efforts to bring on menstruation. Magnetism or electricity is another aid, which can be beneficially applied in those cases, as an incentive to motion.

In all cases of suppressed menses without the supervention of pregnancy, old age or an incurable disease, as phthisis and some others, a cure can be effected by procuring a balance of motion, between the two forces of the body, and keeping it active in all its parts. When this is done, nature requires no emenagogues to force her to action, which frequently leave such deleterious effects upon the constitution; but quietly performs her office without pain or sympathetic disturbance.

Mrs. ——, aged 23, had a total suppression of the menses for ten months previous, during which time her health had rapidly declined. Her uterus was found to be considerably enlarged, being in a congested state. Her improvement under treatment was immediate. The congestion of the uterus was gradually reduced, and in six weeks she menstruated freely with trifling pain.

Cases of simple amenorrhea have seldom applied to this Institution for relief. They have generally been in complication with other diseases. The simple forms of uterine disease are not so often met singly, as in combination with other difficulties. At all events I have selected cases as they have usually occurred under my observation.

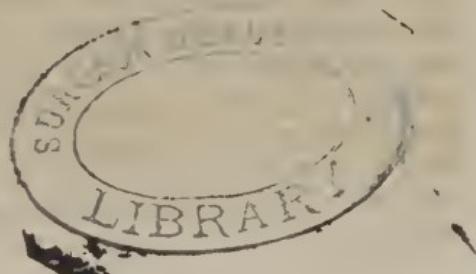
Miss ——, aged 30, entered the Institution, for relief from a complication of difficulties, following in the train of suppressed cata menia. Ten years previous, she had had a suppression of the menses for several months. When they at length made their appearance, (probably through the improper use of emenagogues,) they were too frequent and her flowings immoderate. These attacks of profuse menstruation for months together, had alternated with suppressions of longer or shorter duration, up to the time of her entering the Institution. Her nervous system was much deranged. She could not tolerate the presence of company—had severe periodical headaches—turns of great anxiety of mind—had an habitually impaired memory—could sit up but little—was dyspeptic, and had frequent diarrheas. She was also troubled with strangury and a very offensive leucorrhea, with much heat and pain along the spine. Four months after, she returned to her home, not robust and hardy but in comfortable health, her diseases cured. Though not at all times free from pain and uneasiness in different parts of the system, she could endure a good amount of exercise, and walk miles at a time without injury.

Mrs. ——, aged 30. She had been suffering seven years from a combination of diseases. At the time of her application for treatment, her constitution had become a perfect ruin. She was suffering from spinal irritation occasioning paroxysms of pain, also severe headaches accompanied with heat and a sense of heaviness. She had leucorrhea and a retroversion of the uterus, and her system had become so prostrated by the ravages of these diseases, that for eleven months previous she had not menstruated. Supporters and pessaries had been worn without benefit, and the only effect of the powerful emenagogues which her physician had prescribed, was to sink her still lower. Her stomach suffered much sympathetically, only retaining the lightest food. When under treatment the uterus soon assumed and maintained its natural position—(see Uterine Displacements, Chap. 18,) and she improved rapidly. In five weeks her menses appeared, occasioning little pain or disturbance, and occurring regularly afterward. At the expiration of ten weeks, she returned to her home, cured. During the last weeks of her stay, she took daily walks of miles at a time in addition to other exercises required.

Mrs. ——, aged 23, had been in ill-health one year; during which time there had been a total suppression of the menses. This was a very singular case. There was a tense contraction of the abdominal and intercostal muscles, so that the ribs, chest, and abdomen on pressure, presented the appearance of an unyielding, solid substance. She was much emaciated and her countenance presented a peculiarly cadaverous appearance. She had spinal weakness, pain in the left hip, and very weak nerves. This case was unlike any other which had previously come under observation. When she had been under treatment three weeks, the ribs had become to quite a degree flexible, and the abdominal muscles yielding and elastic. Five and a half weeks after her entrance, the catamenia made its appearance, and at the end of eight weeks, she left apparently perfectly restored.

In speaking of treatment, it would be impossible to enumerate and explain all the different modes and means used, to vivify and make active every part of the body; and not only to establish a balance of motion in the system as a whole, but to produce a vigorous action in every organ and gland, in every part and point of the body. Suffice it to say that every therapeutic agent is chosen with direct reference to its capability of increasing, producing or continuing the action of the motion; whether it be water, electricity, exercise, medicine, or any other means. The test of choice is its availability to this one end—the establishment of motion. Among these therapeutic agents, that part of Motorpathic treatment given personally, which is a process of statuminating vitalization, stands at the head. Dict, the use of water, magnetism, dry-cupping, various modes of exercise, and medication by internal or external application, are resorted to, when the occasion demands, as aids to a more speedy realization of the object proposed.

Various baths are used, modified in temperature, to suit the exigencies of the case. Those most estimated are the shower, the sponge, the sitz and vapor baths; douche baths variously applied; the acid and sheet baths; with warm, cold and alkaline packs; and the medicated electro-chemical baths before spoken of. Warm baths with few exceptions are immediately followed with shower-baths of a more or less reduced temperature. The two in connection have proved very beneficial in cases of obstinately torpid action, slow circulation, and where it was difficult by other means to produce a perspiration, or bring the circulation briskly to the surface. Dry-cupping is also much esteemed, especially in the removal of stricture and to aid in the resolution of deep-seated or organic pain.



CHAPTER XIII.

Dysmenorrhea.—Cases.

THE influences of an artificial life have become so inwoven in the constitution of females, that the periodical appearance of the catamenia is seldom unattended with pain. There are rare cases of menstruation so healthy, as to be unattended throughout, by physical disturbance. But in the vast majority of cases, there is more or less pain about the loins and through the pelvis, with a sensation of fullness and weight. Heaviness and pain in the head often precede and attend menstruation ; also pain in the lower limbs, with weakness and a sense of dragging in their movements. These symptoms are so common, that unless they become very much aggravated, medical advice is seldom sought.

In that state of aggravated accession of pain, at the menstrual period termed dysmenorrhea, the unhappy sufferer is eager to obtain relief; and failing of finding it, is apt to run from one remedy to another, in a too often fruitless search. The pain frequently comes on in paroxysms resembling the earlier labor pains. Sometimes they are attended with convulsions, at others with some febrile excitement. Usually the face is pale and sunken during the continuance of the severe pain. Sometimes the pain precedes the menses; at others they come on together, and usually the pain abates when the menses flow freely. There are cases in which the pain continues throughout the period, and others in which it commences toward the close.

Persons of full habits are thought to be more subject to dysmenorrhea than others. Certain it is, that persons of ardent temperament and sensitive natures, who are predisposed to nervous attacks and to hysteria, are most usually its victims. The disease has been allowed to depend on a highly irritable state of the uterus. This irritability is caused by a partial stoppage of the nervous circulation through the organ. The *rita-motore* power being obstructed in its passage, the minute mouths of the arteries and the secreting vessels, are not sufficiently vitalized to act freely, and a partial congestion takes place.

It is a law of nature, that in whatever part of the body extra labor is required, there the vital forces are summoned in increased quantities to perform it. And when they are thrown out of balance, and do not readily attain their object, pain is the consequence; and that pain is in proportion to the amount of nervous action or nervous sympathy involved.

A full Motorpathic treatment, including baths and magnetism, has not been known to fail in procuring healthy menstruation. In some habits slight pain is felt at the recurrence of the periods after a course of Motorpathic treatment, but less than that generally attending females who consider themselves healthy. Still, in the majority of cases of dysmenorrhea, who have taken this treatment and who continue daily active exercise, and approximate to an assimilation of their habits to the laws of health, menstruation comes on without premonition.

Miss ——, aged 18, entered the Institution for treatment for dysmenorrhea. Menstruation had been painful since its first occurrence, which was in her fourteenth year. During the eighteen months previous to her entrance, her general health had suffered considerably. She had pain in the back most of the time, which was found to proceed from the irritation attending the commencement of a spinal curvature. She had some symptoms of dyspepsia, raising portions of her food immediately after meals. She was troubled with pain in the head—had a slight cough, with some pain in the upper part of the chest—also had ulceration of the bronchia, for which nitrate of silver had been used, giving but temporary relief. Her improvement was immediate. She left at the expiration of eleven weeks with better health than she had ever before possessed. Letters have been received from her since, giving flattering intimations of the strength and elasticity which her constitution is acquiring. She has had no return of painful menstruation.

Mrs. ——, aged 38. Her health had been declining seven years; the last five of which she had been unable to walk, and was confined to her room. During the first three years of her declining health, she suffered excruciating pain at the time of her menstrual periods. Since that, or for the last four years the pain at her periods had not been so severe. A small tumor was felt in the abdomen, just above the pubes, which she had observed there for some three years. She complained of a "distressed feeling," rather than a pain in the region of the tumor. On examination, I satisfied myself that it was simple enlargement of the uterus, an opinion which I did not see occasion to change. Her menstruation had occurred regularly, or nearly so, during the whole time. Her nervous system was very much prostrated—her stomach inactive—and her bowels irregular. She staid in the Institution ten weeks, in which time the uterus was reduced to its natural size. She left with comfortable health. She was not strong, but able to take walks of one or two miles at a time, and a proportionate quantity of other exercise.

Miss ——, aged 25. Her health had been declining eight years. Her first disease was dysmenorrhea of a very painful character. It continued to be the primary cause of her after suffering. She would be taken at her periods with chills, some pain in the back and pain in the head so violent as to occasion delirium. The intensity and duration of these attacks continued increasing until she was prostrated upon her bed, to which she had been confined the last five years. During much of this time her nerves had become so weak and easily irritated as to render her unable to bear the presence of any one but her nurse. There was constant pain in the lower cervical and dorsal vertebrae, and in the right side and upper part of the chest. She had acidity of the stomach, indigestion, cold hands and feet, palpitation of the heart, and was very much emaciated. On examination, her uterus was found to be fallen so low as to rest upon the perineum, and in a very congested

state, being more than twice the usual size. Chronic inflammation of the organ had supervened from its continued functional derangement. Her improvement under treatment was not at first rapid, but after a few weeks, the enlargement of the uterus was reduced, and its ascension to a natural position maintained, when her improvement became more satisfactory, and in three and a half months she left in good health. Her dysmenorrhea was so far cured, that menstruation occasioned but slight disturbance of the system. She took her exercises and walks, during her periods, without detriment. She walked habitually before leaving the Institution, from five to ten miles daily. When she returned to her home, she commenced house-cleaning, and entered at once upon the laborious duties of the household.

CHAPTER XIV.

Menorrhagia.—Cases.

THE term *menorrhagia*, is used to denote morbidly profuse menstruation, whether that discharge be accompanied by the loss of pure blood or not.

Very many females suffer from this disease, in a more or less severe form. When, at each period, the amount of this fluid secreted, is beyond that compatible with health; or when a quantity of pure blood, known by the presence of coagula, escapes with it, the disease is very insidious, and the constitution frequently becomes undermined before absolute danger is thought to exist. In this state of the system, other constitutional diseases are apt to develop themselves: as consumption, dropsy, and the severer forms of uterine disease, particularly displacements and offensive leucorrhœas.

In the more severe forms of menorrhagia, whether active or passive, the danger is often imminent from the sudden loss of blood. When the immediate danger is passed, the strength is so prostrated, that the system has but time to imperfectly rally before the occurrence of the next period. Frequently there is no respite, one period extending into another, so that there is no freedom from flowing, the only variations being times of its greater or less severity. In this state of the disease, the patient is often unable to take the least exercise or even be raised from the bed, without occasioning an increase of the discharge.

The complexion becomes bloodless, sallow or chalky; the countenance pinched or bloated; the feet and ankles swollen; and frequently the whole body becomes anasarous. Palpitations of the heart, tremors, headaches, and a sense of exhaustion attend this stage. Syncope is often an alarming attendant, and the stomach refuses all efforts at digestion, so that there is little means of repairing the great waste of the system.

It will be seen by the cases given, that Motorpathy, by inciting a free motion of the life-giving, life-sustaining, brain-principle, in

the uterine organs, and stimulating the healthful attractions and repulsions, between this *vita-motive* power and the arterial circulation; gives new energy to the functions of the uterus, and causes the open mouths of the arteries on its internal surface to contract. The continued escape of blood is thus prevented, and by frequent repetition, a habit of action and reaction or energetic vital motion is induced, which strengthens the organs and prevents a relapse.

The application of cold water, douches and friction are essential aids in establishing a just equilibrium of motion. The diet is a matter of much consequence, which should be unstimulating and light, but nourishing and mostly composed of farinaceous substances. The air of the sick-room should be kept pure by constant ventilation.

Mrs. ——, aged 36, had been subject to profuse flowing for several years. For five months previous to her entrance, she had been but a small portion of the time free from flowing; and was then suffering severely from it. She had been so reduced by it, as to be unable to feed herself. She complained much of her head—was very weak and nervous—had irritation of the bronchia—was chilly and cold most of the time—was much emaciated—very pale, with a pinched expression of the countenance. Her menses had never been very regular. Previous to the time of her being subject to attacks of menorrhagia, she had sometimes passed several months between her periods of menstruation. She had been at different times under the care of some ten physicians; had worn a supporter four years, and had attended two hydropathic institutions; one, four; the other, six months. On examination, the uterus was found to be much relaxed, laying lower in the vagina than natural, with the *os-uteri* open, so as easily to admit the finger. Contraction of the uterus and its muscles was effected, and after a few weeks' treatment, her menorrhagia entirely disappeared. Her uterine functions were restored to a healthy condition, and she was able to endure more bodily exercise and fatigue than she had for many years previous.

Mrs. ——, aged 32, was very feeble—unable to sit up or bear her weight upon her feet. She had been subject to violent attacks of menorrhagia, and at that time was flowing continually from one period to another; having no respite or time of complete cessation between. Her friends supposed her to be in the last stages of consumption. She had never been very healthy—was of a nervous temperament—and highly impressible. She had suffered many years from chronic inflammation of the kidneys—had *prolapsus uteri*, with constant pain in the back, increased on slight exertion—had spinal irritation—general weakness of the lungs—short, dry cough—and a catarrhal affection of the head, throat, and bronchia. For years she had been subject to a discharge of bloody matter, from the throat and mouth during sleep: also had eruptions upon the skin, and was highly serofulous. The physiological condition most in her favor, was cheerful, mental activity; and her best symptom, a firm determination to get well. This hopeful determination is very desirable in a sick person. Then the will of the invalid co-operates with the efforts of the physician, and thus the barrier is doubly guarded against the further encroachments of disease. She remained ten weeks and improved in that time so rapidly, as to take longer walks than she had before done in fifteen years. On leaving she expressed her conviction that all difficulty and weakness of the uterine organs were removed. Her other complaints were very much benefited, but the time was too short for their radical cure.

Mrs. ——, aged 31, had been out of health eight years, and the last three years of the time confined to her bed. She had menorrhagia of so severe a character, that, for the year previous, she had not been raised in bed. Her vitality was very low. The sense of feeling was very much deranged over the entire surface of the body, excepting the hands. The uterus and adjoining external organs were completely paralyzed. In other parts of the body, this obtuseness to the sense of touch appeared to be in the skin only.

Ten days after commencing treatment, she walked with assistance through a long hall. Her improvement was rapid, considering the circumstances of the case; for paralysis is slow to yield. But it is perfectly curable when sufficient time is given, by Motorpathic treatment. This lady's system was fully aroused from its state of torpidity, into one of natural action, and the sense of feeling perfectly restored. The following extract is from a letter received from her, within a month after leaving: "I am very pleasantly situated in the capitol of ——, and have been remarkably well since I left you. I have traveled 1100 miles in the last fortnight, without any inconvenience or injury. If I could have the same regularity here, that I had while in your Institution, there would be nothing to hinder me from restoration to good health. But I am so happy in being once more able to attend church, and engage in the pleasures of society, from which I have been so long excluded. I should be pleased to hear from the Hill, for my associations were so pleasant while there, that anything from that place would be interesting to me."

Mrs. ——, aged 42, entered the Institution, May 15, 1852. She had been out of health many years, her first complaint having been *prolapsus uteri*, brought on by hard labor. At the time of entering the Institution, menorrhagia was the most urgent symptom. She had been two years unable to bear her weight upon her feet, the least exertion or mental anxiety, bringing on a turn of flowing. She complained of dizziness, "roaring, and all kinds of noise in the head," attended with attacks of severe neuralgic pain. She suffered from general derangement of the nervous system, spinal irritation, urinary difficulties, constant pain in the back, and costiveness. She remained eleven weeks, and left cured. A lady lately coming to the Institution through her recommendation, says that "she is quite well, enjoying better health than ever before."

Mrs. ——, aged 23, had a child about a year previous to the time of her entering the Institution. Her health had been very delicate since. About three months after the birth of her child, she had a severe attack of uterine hemorrhage or menorrhagia. These attacks of flowing continued to harass her once in four or eight days, up to the time of her entering the Institution. Towards the last, they had been accompanied with vomiting and convulsions. In the interval, she had a profuse leucorrhea. After six weeks' stay, she returned home, free from leucorrhea and flowing, her general health much improved, able to sit up all day and to walk from half a mile to a mile at a time.

Mrs. W——, aged 36, had a curvature in the lower part of the spine, making one hip higher than the other. Two years previous, she had been taken with severe pain in the small of the back, and profuse flowing, which reduced her very much, and left her subject to similar attacks from the least exertion. She sometimes *floated* so profusely as to cause her friends and physician to despair of her recovery. Her feet and ankles were swollen, and she suffered much pain in the head and face from catarrh. She returned to her home in two months, cured, with the exception of one hip remaining a little larger than the other. She took a large amount of exercise—calisthenic, gymnastic, &c., besides walking a number of miles daily, before she left.

CHAPTER XV.

Leucorrhea.—Cases.

OF all the prevalent maladies that affect the system of woman, there will perhaps none be found that attacks so large a number of all classes and ages, as that of leucorrhea; or as it is sometimes termed, *fluor-albus*. This disease is a morbid secretion of whitish or milky mucus from the vagina or uterus, and is vulgarly called "whites." Perhaps there is no other disease, that is so much neglected by females, or about which there is so much ignorance existing, as upon leucorrhea and its consequences.

It so completely destroys the beauty and brilliancy of a woman, that as soon as its presence is detected, it should be arrested. Its first symptoms are a pale, sallow countenance—dejected spirits—failure of appetite—debility and languor. In its milder form many suppose it a natural secretion, alternating with menstruation; and have allowed it to progress, attributing its deleterious consequences to some other cause, until sympathetic or chronic disease manifests itself in some part of the system. But in perfect health there is no such discharge. It is a diseased secretion of the uterine and vaginal mucus membrane. "In health there is an accurate relation between the amount of secretion and the purpose which it serves; viz: lubrication of the surface. When, from any cause, its amount is increased beyond what is necessary for this important end, it is morbid." Every form of it, whether mild or malignant, acute or chronic, is a disease, and should be checked as soon as possible. All dread the results of a seated cough, yet it is no more baneful in its effects, than a chronic leucorrhea.

There is such a close union existing between the mind and body—between mental and physical disturbances—and in woman particularly, there is such a close connexion between her brain and uterus, that an impression made upon the one is reflected upon the other. Whenever the mind is oppressed by grief—whenever the affections are aroused to a morbid action—or the passions become irritated and excited—a sympathetic action ensues upon the delicate and sensitive tissues which line the vagina and uterus, and a

diseased action sets in, which if not arrested at the commencement, will seriously affect the health, and, in the end, endanger the life. On the contrary, it is quite impossible for the uterine organs to be excited, without a responsive action taking place in the brain.

Hence the associations of every day life—the luxurious indolence of wealth—the fashionable style of living—crowded assemblies and heated rooms—stimulating diet and the light literature of the day, all conspire to render woman a fit subject for leucorrhea and other uterine diseases. On the other hand, the absorption of the mind in intense study, withholds the *rita-motive* power from the uterus, thus producing a loss of harmony between the brain and uterus, and again diseased action ensues. The same, as when, to feed the action of the brain, the *rita-motive* power is withheld from the stomach, weakening the digestive functions and causing dyspepsia.

The practice of introducing young girls into society, at the age of twelve and fourteen, cannot be censured too severely. Nature is effecting a change in their constitution at that age; organs are developing themselves; the secretions are changing; the mental capacities are enlarging and strengthening; the imagination is finding new themes for contemplation and the affections are rapidly expanding. The passion of sexual preference, which before had been dormant, now rises into being, causing her to retreat with glowing cheek and brightened eye into the solitudes of her chamber, that she may brood undisturbed over the new thoughts and feelings that are thronging within; changing in a few months the light, gay and joyous child, to the modest, timid, bashful maiden. In this state she requires not only that the watchful eye of a mother's love should note every change in the physical system, but also that her mind should be guarded with the utmost care, to prevent a sickly imagination from taking the place of purity and chasteness of thought as well as act.

From these considerations, how can a mother be so blinded to a daughter's highest welfare as to expose her at such an era of her life to the impure air of crowded rooms, and subject her to flatteries from those far older than herself; who have learned to cover impurity of feeling with the attractive vail of sentiment, but whose breath even, can but blight the freshness or soil the purity of this fragile flower whose leaves are just unfolding.

In this changing condition of her constitution, every scene which acts unduly upon the imagination, affections, or passions, vibrates upon the senses and is liable to produce irritation and disease; in some instances inducing secret practices that corrode both mind and body, and hurry their victims to a premature grave. Would that every mother could realize her responsibilities and the danger accruing to her daughter from negligence of the causes and results of leucorrhœa. At its first approach, daily and faithful ablutions, a well-regulated diet, invigorating exercise in the open air, early hours and abstinence from all causes of excitement, should be carefully attended to, in order to strengthen the general health, and remove through that the local irritation, so as to prevent any further increase of such a loathsome malady.

But young girls entering their puberty are not the only persons who, by over-exertion, or excitement, or the disobedience of physical laws, are subjects of this disease. Young and married ladies are often even greater sufferers from it. There are comparatively but a small number who do not, at some period of their lives, show visible signs of its encroachment. Some who are robust and vigorous in their physical formation will suffer with it through life without much inconvenience; but they grow old prematurely in their habits and appearance, and their life is much shortened. Its effects are too visible in the face, ever to be mistaken. It is the destroyer of both beauty and health, for the perfection of the latter is the full development of the former.

Nearly two-thirds of all organic uterine diseases are preceded by leucorrhœa. This disease is a constant drain upon the system. Every organ separates its secretion from the blood; and when the vaginal or uterine membrane secretes more than is necessary to lubricate its surface, that surplus is taken from the blood, which should sustain other parts of the body. By this diseased action, some persons will lose two or three ounces in a day. Let such an one think of the debility that would ensue, if that amount of blood were daily taken away by bleeding. Yet the drain by leucorrhœa is more injurious than bleeding, for it not only takes away so much nourishment and strength from the whole body, but by the irritation caused by it, inflammation of the uterine organs, menorrhagia, displacements, and other organic and functional derangements may ensue. Chlorosis, which perhaps excels every other disease in

its beauty-destroying influence, is very frequently the result of fluor-albus. A sallow skin—colorless lips—emaciated form—cold hands—a shrunken, wan, despairing countenance, and a fetid breath are marks of its inroads.

Ladies of plethoric habits often suffer from fluor-albus, in consequence of their high living, and through sympathy it affects the mucous membrane in the whole system, and engenders disease in every part. If women would avoid this unwholesome malady, they must deny themselves many of the stimulating dishes, which are placed on the table to tempt their appetites, and take regular exercise in the open air, and be particular in their daily ablutions. It is an erroneous idea existing in the minds of many, that daily bathing the whole body in cold water, particularly about the loins, is injurious to health. The want of proper cleanliness is often the cause of leucorrhea.

The excessive reading of works of fiction, also causes this disease. By enervating the mind and morbidly exciting the imagination, subjects of thought and meditation are presented, that awaken the passions, and operate directly to produce it. Miscarriages and frequent child-bearing, as well as uterine displacements, produce leucorrhea as a sequence, by irritating and debilitating the uterus, and preparing it for still more extensive disease. The suppression of the menses, sudden checking of the perspiration, the repelling of milk in the breasts, protracted lactation and a pregnant uterus, are often causes of leucorrhea. In the latter case, the ovum is separated by the slightest cause, so that extreme quiet is necessary during the first few weeks. In the latter months of pregnancy, fluor-albus may be rather looked upon as a relief, if not excessive, for the pressure of the gravid uterus, and the great determination of blood to that portion of the system, frequently produces symptoms of heat, weight and discomfort, which are relieved by this discharge. The use of pessaries, or other foreign substances, introduced into the vagina for other uses, are often the unsuspected causes of long-standing leucorrhea.

In chronic leucorrhea, the discharge is more or less constant and profuse, mucus or purulent, or a mixture of both, and may become green and offensive. The quantity poured out is often very abundant, sometimes amounting to a pint and a half in twenty-four hours; "it will then be expelled in gushes on any change of pos-

ture." In these cases there is "a very relaxed vagina, often accompanied by prolapsus of the uterus; there is great emaciation and debility, the eyes are hollow, the face pale or chlorotic, the pulse feeble and rapid, the feet often anasarcaous, the respiration short and labored, to which succeed palpitation of the heart, dragging pain in the back, inability of exertion, profuse nocturnal perspirations. Unless remedial efforts be successfnl, after a protracted scene of much general suffering, the patient dies, exhausted."

When the vital forces each contribute its just share to the support of motion in the uterine system, healthy functional action is the result. Statuminating vitalization is a reliable agent for producing this effect. It may be aided by baths, particularly the hip bath, by injecting tepid or cold water into the vagina, by the application of magnetism, (usually from an electro-magnetic machine,) by dry-cupping applied to the sacrum and groins, and by whatever tends to invigorate the system, strengthen the muscles, and directly or indirectly contributes to the support of motion in the body, or to its equalization or harmony of action in its different parts.

Miss ——, aged 20, had been in delicate health since puberty. Menstruation had never occurred with her at regular periods, and she suffered constantly from leucorrhea. Her back and abdominal viscera were much weakened. She was very nervous, had wakeful nights, was easily excited; there was derangement of her digestive functions, irregularity of the bowels and piles. The morbid secretions were soon corrected by this vitalizing treatment, and a complete change produced in her constitutional habits. She has often been heard from since, and continues in the enjoyment of good health.

Miss ——, aged 24, came under treatment, for leucorrhea, which had brought on a general weakness of the nervous system, and hysteria. She was of a full habit, with a craving appetite.

She frequently had a flushed countenance, and to an ordinary observer, put on the appearance of robust health; but any trifling excitement would throw her into paroxysms of hysteria, frightful to witness. Three months' treatment brought her uterine organs into a state of healthy action, her general health became firm, and she was no more troubled with that distressing disease, hysteria.

Mrs. ——, aged 37, had suffered from leucorrhea many years. During the last four or five years it had become very offensive, and of various colors, changing from red to green. Her periods were painful, and she had a very weak back, attended with heat and pain. *Prolapsus uteri* had come on, and the last three years she had been confined to her bed. After six weeks' treatment, she returned home in comfortable health, free from leucorrhea, and the *prolapsus uteri* cured.

Miss ——, aged 23, had been in ill-health three years; system very much out of tone—somewhat dyspeptic, obstinately costive, had bilious vomiting, cold hands and feet, and weak lungs. She suffered from neuralgia, had spasms, had long been troubled with leucorrhea, and later with *prolapsus uteri*. She left six weeks after, in good health, relieved of all her troubles. She has since married, and continues in good health.

Miss ——, aged 26, had been out of health four years. Her first disease was leucorrhea. She had become very nervous, was costive, had painful menstruation and a disordered stomach. For a year past she had suffered from *prolapsus uteri*, brought on by the continued weakening effects of leucorrhea. After nine weeks' treatment, she left cured, and has continued in good health since, now over two years.

Leucorrhea is nearly, if not always, an attendant symptom of the displacements of the uterus, particularly of *prolapsus*. In these cases the displacement must be reduced before any treatment will be found to have much effect in lessening the discharge. As long as the irritation of the displacement is present as an exciting cause, little can be done in controlling the secretion. But in Motorpathic treatment, where the reduction of these is rendered easy and certain, the difficulty of curing leucorrhea is very much lessened. The statuminating vitalization, which imparts vigor to the uterine organs, sufficient to enable them to maintain their position, cannot but stimulate to more healthy action in their secreting vessels. No difficulty has been found in bringing the organs to a healthy condition where leucorrhea has been dependent upon functional derangement, or upon the irritation proceeding from displacements. When leucorrhea proceeds from the disorganizing progress of some disease of the uterus or its appendages, it puts on a very obstinate character, and sometimes baffles all attempts at control. In these cases, leucorrhea is not the disease. The presence of a discharge resembling leucorrhea, is only symptomatic of a worse, and too frequently of a fatal malady. Carcinoma, except in its earliest stages, I have never seen cured. Schirrous formations in the uterus, and very painful ulcerations of the *cerrix uteri*, which put on a cancerous appearance, have with more or less difficulty been cured, but against the ravages of seated cancer, Motorpathy has as yet been powerless.

CHAPTER XVI.

Irritable Uterus.—Cases.

IRRITABLE uterus, or, as others have called the same disease, *neuralgia of the uterus*, is a disease to which the attention of practitioners has not, till of late, been called. It is generally thought to be of comparatively rare occurrence, though from my own experience, I should think it a frequent attendant of displacements. I have usually found it connected with an irritable state of the vagina, "characterized by excessive tenderness when the lining membrane is touched; hence sexual intercourse cannot be indulged, or if it be" it occasions much pain. The symptoms of an irritable uterus are well described by Dr. Gooch: "A patient complains of pain in the lowest part of the abdomen, along the brim of the pelvis, and often, also, in the loins. The pain is worse when she is up and taking exercise, and less when she is at rest in the horizontal posture; in this respect it resembles that of *prolapsus uteri*, but there is this difference, that in the latter, if the patient lies down, she soon becomes quite easy; but in the complaint of which I am speaking, the recumbent posture, although it diminishes, does not remove the pain. It is always present in some degree, and severe paroxysms often occur, although the patient has been recumbent for a long time. If the uterus is examined, it is found to be exquisitely tender, the finger can be introduced into the vagina, and pressed against its sides without causing uneasiness, but as soon as it reaches and is pressed against the uterus, it gives exquisite pain. This tenderness, however, varies at different times, according to the degree of pain which has been latterly experienced. The neck and body of the uterus feel slightly swollen, but this condition also exists in different degrees, sometimes sufficiently manifest, sometimes scarcely or not at all perceptible. Excepting, however, this tenderness, and occasionally this swelling, or rather tension, the uterus feels perfectly natural in structure; there is no evidence of scirrhus in the neck, the orifice is not misshapen, its edges are not indurated. The patient, finding her pain greatly

increased by rising and walking, soon learns to relieve herself by lying on the sofa, and at length spends nearly her whole time there. Notwithstanding this precaution, there is always a considerable degree of uneasiness, but this frequently increases to severe pain. These paroxysms generally come on either a few days before menstruation, or (as is the case in many instances,) a few days afterwards."

He speaks of the disease as one of great obstinacy, and of his mode of treatment, as having been tardy in efficacy in most cases, and vain in some; and wishes he had a shorter and surer mode of cure to communicate.

His treatment consisted mainly in confinement to the horizontal posture which he enjoined strictly, depletion, narcotics and external irritation. And this, with some variations, has been the course generally followed by practitioners since.

The Motorpathic mode of treatment is almost diametrically opposed to this, and in the great number of cases which have been treated by it, there have been none who were not greatly relieved and made comfortable, and the most were perfectly cured. It has always been thought that those cases which could not be said to be cured, might have been perfectly restored had they remained under treatment a sufficient length of time. But where a lady remains but a few weeks, for the removal of a malady of so obstinate a nature, it cannot be expected that a restoration to perfect health can always be the result.

Soothing applications, modified by degrees as they can be borne without pain to invigorating ones, have been found to aid in lessening the irritation. *Douche* baths, graduated in force and temperature as the parts can bear, have been of essential aid in perfecting the balance of motion in the organs, and preventing a relapse after the irritation had been allayed and the tenderness controlled by the process of vitalization. Fomentations, warm hip baths, vapor baths, and dry cupping aid in alleviating the paroxysms of pain. Warm bathing should only be resorted to in cases of emergency, unless the patient is able to bear the application of the cold shower or sheet bath after, as it has a relaxing effect upon the system, and suppresses a vigorous re-action, instead of promoting it.

Mrs. ——, aged 32, of an excitable temperament applied for relief from an irritable state of the uterus and vagina, from which she had suffered twelve years. She had no children. Sexual intercourse gave great pain, in so much, that it had been a prohibited thing during the most of her married life. She suffered much pain in the pelvis and loins, which extended also down the limbs. Pain in the left side was very troublesome, extending across the abdomen from the left hip. Her circulation was a little accelerated at all times, and the least emotion or excitement rendered it much more so. She had been able to take but little exercise, and was subject to paroxysms of severe pain, sometimes lasting two or three days; at which times she suffered intensely. These usually came on a little previous to menstruation. Her lungs were weak. She was subject to attacks of bronchial irritation and cough, which would subside in a few weeks, and soon after disappear; leaving the lungs and bronchial tubes apparently free from disease. On examination the whole surface of the vagina and uterus was found to be in an exquisitely tender state. No alteration of position could be detected in the uterus, or any change of structure, either in that or the vagina, was perceptible from touch. The pain was too exquisite to bear the use of a speculum.

After being under treatment one month, the sensibility was very much diminished. She joined in a variety of calisthenic exercises, rolled at ten-pins, and took walks of a mile in length two or three times a day. The habitual pain was very much lessened. She had had one severe turn of pain lasting her nearly two days. She continued improving during the next month, but toward the last of it she had another paroxysm of severe pain, not as excruciating as the one the month previous, and lasting about twelve hours. This came on the third day after menstruation. During the next month she had an attack of irritation of the lungs with considerable febrile excitement, soreness of the lungs and cough. It was occasioned by exposure to the night air. The febrile symptoms were relieved in a few days; and the cough and every symptom of irritation disappeared in less than two weeks. With these exceptions her improvement, though not rapid, was uninterrupted during the four months of her stay, when she left cured. Her constitution had gradually gained power of endurance. For a long time previous to

leaving, she walked daily from eight to twelve miles, beside taking a large amount of bowling, calisthenic, and other exercises. Fifteen months after leaving the Institution she was made happy by the birth of a son, having been fourteen years married and childless.

Miss ——, aged 24, of nervous, bilious temperament, had been out of health several years. She had an irritable uterus and vagina, or neuralgia of those organs. Physicians had treated her for inflammation. The symptoms present were exquisite sensibility of the neck and body of the uterus, which appeared slightly swollen and very tender to the touch.

The vaginal membrane was also very tender and painful on pressure—with very slight increase of temperature. Examinations gave exquisite pain which sometimes lasted for hours after. She had much pain in the lower part of the bowels, through the pelvis and loins, and frequent paroxysms of pain attended with a stinging sensation about the sphincters of the vagina and rectum. The most aggravated and continued paroxysms of pain were just before, and a day or two after her catamenial periods. These occurred with regularity as to time. She could take no exercise without great increase of pain, particularly in the right inguinal region. When at rest in a horizontal position, the pulse was soft and not much quicker than natural; but excitement or emotion would accelerate them to 100 or 120 per minute. No change of structure in the vagina or uterus was observable, if we except the slightly tumid appearance of the latter. The pain and uneasiness soon subsided under treatment. Occasionally after much exercise, she would have a relapse of inguinal pain; but the painful susceptibility of the organs did not return. She left in two months, entirely relieved. She has since married, and continues in good health.

CHAPTER XVII.

Hysteria.—Sterility.—Abortion.—Cases.

HYSERIA is one of the common forms of nervous disease, and of all the sympathetic affections, is one of the most aggravating and distressing. It completely unfits its victim for every enjoyment of life and for every participation in its duties. It might almost be said to free her from responsibilities, for her mind is often so affected as to make her wholly unconscious of what she is doing. Perhaps no one thing that has ever afflicted the sex, has been the means of heaping upon her such an amount of ridicule and contumely as hysteria; or has so robbed her of the sympathy of her own and the opposite sex. Seized in one of the distressing paroxysms of her malady, she declares that she is dying, and because she does this, time after time, and year after year, and still lives on, apparently no nearer to her end than at her first attack, her disease becomes a by-word and a jest. Her peculiarities are unkindly dealt with, and sympathy for her sufferings is withdrawn. Even her physician will sometimes stand by and witness her difficult respiration and screams of terror, with an ironic smile upon his countenance, and say, "there is nothing the matter; she feigns it all." In some instances, it may be the case that many of the fits are feigned. But admitting this to be the fact, the cause is none the more revealed, for there must be a something lying back somewhere, which has deranged her system, and weakened her mind; for no person with a healthy body and sound mind can ever feign disease or death, for the sake of sympathy.

Woman has been misunderstood—she has been called a mysterious being, because, in one hour, excitement would carry her to the very climax of manifested joy and delight, and in the next, when re-action had taken place, she was sunk in deep depression and melancholy. True, woman is mysterious in her spiritual nature—in common with all humanity. But disease renders her so only because its operations are not understood. Medicine has been given her in vain, and sympathy, either bestowed or withheld, has alike failed to mitigate her sufferings.

But, that she should be so censured and misjudged by those from whom she expects advice and assistance, is doing violence to her nature. Again, it is said "if she would only get up and exercise she would be well. She cannot expect health while she lies in bed, or indulges herself in the luxurious iudolence of a rocking chair." This may be true under certain circumstances ; but it is also true, that she cannot take much exercise of any kind while suffering from disease. Neither can she subdue her nervousness, calm her feverish excitement, refrain from the hysterical sob or indefinable dread of death, control the spasmodic movements, withhold the passionate exclamation, or keep her mind undisturbed by the petty annoyances around her, while she is suffering from some material derangement of the functions of life.

The true cause of all this physical suffering, this derangement of the whole system must be sought out, and the proper remedy applied. The question arises, what is that remedy that strikes at the root of woman's diseases, and removes the cause ?

This as we have said before is found, and we think only found, in Motorpathy.

By its vivifying powers, the causes of sterility are also removed. If the vitality of the would-be parent is exhausted by excess, or by the debilitating effects of luxurious living, let not offspring be hoped for, until the habits are changed and a thorough renovation is effected. It is a law of nature that unhealthy or shriveled seed shall not be vivified and take root in any soil, however rich and fertile ; nor, on the other hand, shall good seed take root in a soil parched with heat or chilled with cold, or filled, to the exclusion of the nobler products, with the weeds of disease. Let the weeds be cast forth, and the soil rendered fertile by the unimpeded motion of the life-currents from brain and heart, and the seed may be expected to germinate, and the plant not only to spring forth, but to bloom under the parental eye, and shed the sweetest of fragrance upon the parental heart.

Perhaps, of all desires, that of maternity is the strongest with woman. It is the one thing round which all her hopes hover. She looks upon maternity as her crowning charm, as the amulet which, when possessed, shall bind to her with more than fairy spells, her husband's heart ; and more than all, she looks upon a child as a constant source of ever new and ever deepening delight. No won-

der that the heart, clinging so fondly around this object, and as years roll on, with an ever-increasing desire, should sometimes sicken with hope deferred, and grow unhappy and desponding. Much charity should be felt for the woman who looks upon her life as a barren waste, without verdure or bloom, and on whose rough declivities no vine clammers in beauty, hiding the imperfections beneath.

To many, time after time, the promise of maternity is given, and fond hopes brighten, which are never to be realized, and which leave the heart all the darker in the disappointment which they occasion.

When this habit of abortion is continued, the health declines rapidly, and if the unhappy sufferer does not sink from immediate exhaustion, consumption, or some other incurable disease, is almost sure to result from it. There may be sufficient action for vivification. Such persons are not usually wanting in sensitiveness or impressibility. Their systems are rather like a finely-strung Eolian-harp, vibrating to the least breath of air, but whose strings a rough breeze snaps asunder.

In most cases of this kind, local debility is the primary if not the sole cause ; and a course of exercises, taken with reference to supplying this defect, imparts energy to the innate powers, and causes the vital forces to unite in supplying the increasing demand upon the system, during the whole period designed by nature for it to continue with perfect health and safety both to mother and child.

Mrs. ——, aged 36, had been married 14 years, was never pregnant, menstruation irregular and painful, lasting from ten to fourteen days, succeeded by *fluor-albus*, which continued more or less of the time, until the next appearance of the catamenia. The symptoms present, were, great prostration of nervous and muscular strength, loss of appetite, indigestion and costiveness. Her countenance was cadaverous, she had sleepless nights, her mental faculties were impaired, and she had a constant disposition to complain and find fault. Physician after physician had treated her, until all parties had become discouraged. From this unenviable situation, relief was sought at this Institution. Three months' treatment

restored her to health and good spirits. She was quite another creature, amiable, kind and agreeable. Some eleven months after her return home, a letter was received from her, desiring advice concerning her accouchement, which was drawing near.

The following statement of a case is extracted from a letter received from a gentleman in Ohio, October, 1854 :

" Having heard of the cures taking place in your Institution, I was induced to write and describe my wife's case to you. She has bronchitis, cold hands and feet, weak eyes, is very nervous, and pulse is one hundred per minute; but her greatest difficulty is painful menstruation. She is first taken periodically with great heat in the bowels, and distressing sensations which I cannot describe to you; these continue to pass up until they reach the heart, where the agony becomes very great, and extends to the head, producing great pain and blindness. This distress continues until it produces a rigid tension of every muscle in the system. She will remain in this condition some time, then relaxation of the muscles commences, and gaping is the first symptom of recovery. Her great and alarming distress at such times, has so frightened the family, that the neighbors have been called in, on an average, ten times a year for the last nine years, to see her die. She has been treated by all the physicians of note for fifty miles around. They say that in her paroxysms of distress, the blood stops circulating in the heart, or nearly so, and that she has more or less congestion of the brain. She has been operated on three times, to produce menstruation. There does not anything seem to help her as yet, and I would like to have your opinion of her case."

The above lady arrived and commenced treatment two weeks previous to the time of her periodical attacks. Menstruation took place with little pain or suffering of any kind. Her menstruations after, were perfectly healthy and free from any physical disturbance. She remained three months, and went home perfectly well. She had been married nine years without family. Some months after her return, she wrote me, informing me of her prospect of becoming a mother, and desiring advice in regard to her diet, bathing, and exercise during pregnancy.

Mrs. C——, aged 30 years, had never been robust, having been subject to a cough, pain in the side and irregularities since puberty. After her marriage she had had two miscarriages, and had become so reduced that for eight years she had not walked, sat up, or turned herself in bed, without assistance. She had *prolapsus uteri*, dyspepsia, liver complaint, spinal irritation and what her physician had considered confirmed consumption. But on examination her lungs were found to be free from actual disease, though very weak. She was in a miserable, suffering condition—every organ torpid or diseased. She had tried various modes of treatment under some fifty physicians far and near, without material benefit. After five months' treatment she could walk, run, and exercise, equal to any one. Her health became good and firm, and within a year after leaving the Institution, she gave birth to a fine healthy child.

Mrs. ——, aged 27, had been out of health ten years. Her principal difficulty had been spinal irritation, affecting especially the lumbar vertabréæ and sacrum. Her naturally frail form had been so much impaired by the spinal affection, that her vitality was insufficient to supply the demands of gestation, and abortion had three times occurred. This had reduced her still more, and brought on *prolapsus uteri*. On account of the lateness of the season and her desire to return by the lakes, (her residence was in Wisconsin,) she remained but five weeks, but her improvement in that time was rapid, and she returned home better in every respect. The next year, several ladies coming to the Institution through her influence, brought the pleasing intelligence of the birth of a living child, and said she attributed her health and happiness to the benefit she received during her short stay.

Mrs. ——, aged 27, had been in delicate health several years—was very nervous and excitable—had no endurance of constitution—menstruation irregular and painful—had tenderness and bloating of the bowels—palpitation of the heart—pain in the head, with retentions of blood—*prolapsus uteri*—difficulty of passing urine and

a general disposition to anasuræa. She had been married eight years without offspring. She had never conceived and thought it impossible she should ever have children. She left the Institution in good health, and eleven months after, intelligence was received of her being far advanced in pregnancy.

Mrs. S——, aged 30, possessed naturally a delicate constitution. Three years before she came to our Institution, she was reduced very low by a premature confinement, from which she had never recovered. She was suffering with *prolapsus uteri*, pain and weakness in the small of the back, palpitation of the heart, dyspepsia, and irregularity of the bowels. She had had fever and chills regularly for nine months, and had not been able to sit up any during that time. A complete change was effected in her health in six weeks, so that she was able to take a good deal of exercise, and endure much fatigue.

The following extract is from a letter received since from her husband: "Taking advantage of your kind liberality, I trouble you with an epistle of inquiry. Mrs. S—— had a living child on the 8th instant, and had a very comfortable accouchement. She has been quite smart up to the present time, with a few exceptions about which I wish your advice."

Nine-tenths of the cases of sterility could be obviated by Motorpathic treatment, regimen, and exercises, if sufficient time was given to change the habits and general character of the constitution.

CHAPTER XVIII.

UTERINE DISPLACEMENTS.—*Prolapsus Uteri*.—Retroversion.—Anteversion.—Cases.

THE uterus being suspended in the pelvic cavity, with its largest end upward, and having no other support to sustain it in this position, than its own self-sustaining, electric power, assisted in some measure by the peritoneum, a thin membrane, and by the broad and round ligaments which yield readily to any change of position, is easily made to fall to one side or the other, tip backwards, or slide directly down into the vagina. The *os* may be twisted to one side, and the fundus dipping down nearly to the *cervix*, or other positions may be assumed, the minute detail of which, would be of no advantage in a work like this.

In females of stout muscular frames, the approach of *prolapsus uteri* is sometimes so slow and insidious, that the mind of the sufferer is completely veiled as to the cause of her declining health. Possessing naturally a strong constitution, which does not readily yield to fatigue, she seems, for a while, exempted from the penalties of excesses and physical transgressions, and exulting in the possession of so rich a blessing, she lives on, laboring and indulging her appetites and passions, equally regardless of advice or symptomatic warning, that the strength of her constitution is failing; until, by some violent exertion, some last act, she is prostrated and unable to rise.

It is seldom that *prolapsus* is accompanied by complete suppression of the catamenia, but that secretion is often irregular; sometimes being excessive, and sometimes scanty and attended with much pain and suffering. In the first stages of this disease, the symptoms are of so general a nature, as to elicit no alarm. The whole system suffers from debility and languor, but there is little pain. There is an inability to perform labor, or take exercise. The nervous system becomes very sensitive, and is easily provoked to unnatural action. As the disease progresses, walking and going up stairs especially, requires great effort; there does not seem to

be sufficient motive power in the limbs, or strength to support the weight of the body, in rising from one step to another. Large assemblies and gay companies are now unpleasant, because the enfeebled frame does not possess the energy, nor the mind, the freshness, and buoyancy, necessary for the enjoyment of society. The quiet and repose of the chamber is desired, and the bed or sofa possesses attractions, which there is no desire to resist. When standing there is a sense of weight or pressure in the pelvis. Pain is felt in the small of the back or across the hips, through the region of the lower bowels, and sometimes it extends from the groins down the thighs. In the later stages of the disease, there is a sense of *goneness* at the pit of the stomach, a sensation as of a sinking of the diaphragm, which makes the person feel as if she wanted a machine to assist her in breathing.

If the disease is not arrested here, it steadily progresses, and the symptoms become more aggravated and continually widening in their circle, as the powers of the body, one after another, are prostrated by the disease. The leucorrhœa, which is always an attendant of displacements, becomes more irritating and offensive. The uterus, in some cases, becomes enlarged or congested, and the vagina much irritated, producing a dragging and painful sensation in the loins and abdomen, which is much alleviated by a horizontal position; because the uterus then partially returns to its proper situation, and the nerves of the pelvis are relieved from its weight, and the pressure caused by its descent. In some cases the uterus descends about half the distance of the vagina; in others it falls so low as to rest directly upon the perineum, and in some rare cases it passes entirely without the pelvis, and hangs like a bag, externally.

Additional and greatly aggravated symptoms follow the progress of the disease, arising from pressure on the neck of the bladder and the rectum. The irritation from the vagina extends to the urethra, causing a constant desire to void urine, which is passed in small quantities and with extreme agony. Sometimes there is a complete suppression of the urine, making the use of the catheter necessary to empty the bladder. By the continued pressure upon the rectum, its contractility and power of expulsion is diminished, producing constipation and intestinal derangement.

Piles, in an aggravated form are a frequent attendant of *prolapsus uteri*. A long train of sympathetic affections set in; irritability

of the stomach; palpitation of the heart; pain in the head, with a sense of fullness and dullness; melancholy and fearful forebodings. Inflammation of the uterus may occur "from its congestion and weight, with the unavoidable pressure and attrition of the organ, against the lower muscular part of the pelvis, which it was not designed by nature to touch." The nervous system becomes extremely sensitive, suffering acutely from the irritation of the nerves in the pelvis.

Paralysis of the whole genital organs is sometimes an accompaniment of this state of things, destroying sensation completely in the parts affected, so that little pain is suffered, though there is an inability to rise from the bed.

Prolapsus uteri, in no two cases, will present the same symptoms, or be attended with the same sympathetic affections. One possessing a narrow, thin chest may have every appearance of phthisis—may have pain in the chest—hoarseness—cough—rapid breathing—hectic fever and a small, quick pulse, when they all proceed from a sympathetic action of the lungs with the diseased uterus, and disappear when the disease of this latter organ is cured. If a woman has pain in the back and loins, leucorrhea, a dragging sensation, as of a weight or pressure in the pelvis, with an inability to walk or stand, on account of increased pain, we may rest assured that the origin of her suffering is not in her lungs, as a primary cause, but in her uterus; and that it will be worse than useless to go through a course of medication, for the purpose of relieving the pulmonary affection, unless the uterus is first made to assume and maintain a natural position, and to resume a healthy manifestation of its functions.

One may have dyspepsia, as a sympathetic affection with its distressing train of evils—indigestion—flatulence—constipation—melancholy and recklessness of life. She may take all the popular remedies for it—employ physician after physician—visit watering places, medicated springs and hydropathic institutions, but they will avail her nothing in point of cure, until the *prolapsus uteri* is remedied. Another may, from the commencement of her decline, have her nervous system so much affected, as to make that appear the seat of her disease.

It is impossible to describe the phases which nervous affections assume, for their appearances are as varied as there are persons in

whom they are manifested. Sometimes the pressure upon the nerves in the pelvis causes such a reflux action, as to produce spasms and convulsions. If these continue for any length of time, the limbs and other parts of the body may become contracted. The abdominal muscles of most females who are confined to their beds, are more or less contracted, and by their want of elasticity, present an obstacle to the rising of the uterus to its natural position.

Upon what treatment can woman rely for relief from this fast-spreading evil? Is there a remedy which will go back of this disease and remove the cause?

The remedy lies not in a course of depletion, for this only reduces the system still more. It does not lie in antispasmodics, or a tonic course of medication, for they only allay the excitement for the time being, without imparting any additional vigor to the body. It does not lie in journeying or change of air or exercise, as these, if they can be entered into at all, cannot be entered into with any pleasure and spirit, and consequently their beneficial effects are lost. And least of all does it lie in the use of caustic, in scarifications or in the use of any harsh irritants to further tax the already over-burthened nervous system.

Caustic relieves pain only by deadening the sensibility of the part where applied. It thickens the membranes and, if persisted in, destroys elastic action and leads to paralysis. By its absorption into the system it poisons the blood, darkens the skin, weakens the nervous system and injures the brain; causing loss of memory and want of confidence in ability to perform the common duties of life. The insane practice of burning by caustic and wearing supports to produce healthy and elastic action cannot be too strongly deprecated.

In what then does it consist? Simply in this—in causing the organ to assume its natural, upright, position, and by the process of statuminating vitalization, to develop its own life principle; and not only cause it to resume its self-poising, self-sustaining power, but remain in the electric position which nature designed. This life principle of the organ can be so developed, (I had almost said inspired into it,) by Motorpathy, that the patient can be immediately raised upon her feet without injury or fear of displacement, though she had been unable to walk for years.

This process must be repeated, until the organ is habituated to act of itself, and until, through the use of its powers, strength and elastic contractility of the uterine muscles is uniformly established, and the life power flows in unaided from the brain, in sufficient quantities to establish an equable and vigorous motion between the two vital forces in the uterine system. When this is effected, the organs are brought into a healthy state.

As in uterine diseases the unhealthy action of the *vita-motive* power is more or less apparent in every part of the body, a systematic course of exercises which shall give motion to every part of the body, and use to every muscle, is an important aid, by strengthening the whole muscular system of the body, and through that, lending support to the uterine muscles.

Water treatment also is available when used Motorpathically, in quickening the circulation of the *vita-motive* power, and removing obstructions to its free circulation, as also obstructions to the secretions of the sanguinous system. It aids in the establishment of a more vigorous and sustained motion between the two recuperative forces, in every portion of the body, which by intimate connection with the uterine system as one of its centers, acts and re-acts, each upon the other, and perfects the harmony of motion, not only between the vital forces in each organ, but between each individual organ and the rest, thus binding all together in a round of harmonious motion, which constitutes the health of each organ in particular, and of the whole when taken together—or constitutional strength and power of endurance.

No pessaries, no external supports, no confinements to the bed with the hips elevated, with their long train of deleterious consequences, are necessary under this system. It acts upon the opposite principle, of giving to every portion of the body *use*; through the contractions and flexions of the muscles, strength and elasticity; and through the equable, quickening presence of the *vita-motive* power in every part, vitality. Thus all is activity, life. The life-power is made to assume and maintain its proper ascendancy over the inert physical.

In this way a command is obtained over these heretofore obstinate and unmanageable difficulties, and the success of their treatment reduced to a certainty.

Prolapsus, though the most common, is not the only kind of displacement to which the uterus is liable. It may be so turned as to lie directly across the vagina. When in this situation, its position has received two names—retroversion, in which the fundus lies against the rectum, and the *os-uteri* is turned forward to the pubis; and anteversion, in which the position of the parts is reversed, the fundus being turned toward the pubis, and the *os-uteri* toward the rectum. Sometimes the neck only will be twisted to one side, the body remaining in its natural position: or the fundus may be fallen forward on to the *cervix*. In some cases the *os* is elongated, in others it is shortened, and in some it is relaxed and very much widened, the finger entering it so readily as at first scarcely to arrest the attention, and make the physician sensible that he is not following the vagina.

All these forms of displacements are attended with similar symptoms and similar sympathetic affections; there being no reliable distinction in the diagnosis, the true situation can only be revealed by examination. The treatment in all is similar, for what restores action and vitality in one case will restore it in another.

It is a mistaken idea that water treatment, unconnected with Motorpathy, can be made effectual in the cure of these diseases. The organ and parts must first be made to resume their contractile, elevating force before water or exercise can be used to any advantage, if they are not directly injurious.

Miss B——, aged 23, had been able to walk or sit up but little for two years. Her disease was *prolapsus uteri*. She had naturally a good constitution, and her improvement was proportionate. In twenty-four hours she walked half a mile without detriment. She was under treatment six weeks, and for some time before she left, was in the daily habit of walking from six to eight miles before breakfast.

Mrs. G——, aged 26, was brought on a bed; she had been sick four years, with *prolapsus uteri*, liver complaint, and dyspepsia of a

most aggravated character. Some time previous to commencing treatment, her stomach had become so irritable as to reject all food. For weeks her diet had been restricted to a soda cracker daily, and even that she could not retain. Every other day she was much distressed with nausea and vomiting. She had a curvature of the spine, attended with much irritation, pressure of blood to the head, nervous headache, and spasms. Her bowels were so constipated as to render the constant use of enemas necessary. She had also frequent distressing paroxysms of gravel. She was so reduced as to be unable to raise up or turn herself in bed. Her improvement was immediate. In a few days she could walk alone, and after two months' treatment she returned home, with a degree of health which few who call themselves *well*, enjoy.

Mrs. H——, of a naturally delicate constitution, with predisposition to consumption—several members of her family having died of that disease—had been confined to her bed ten months; during five months she had been unable to bear her weight, sit up, or turn herself in bed. She was unable to lie in any other position than with her hips elevated some twenty inches, her arms supported on pillows, and her lower limbs—which were contracted eight inches—separated by inserting a pillow between the knees. The weight of the bed-covering distressed her, and was arranged in such a manner as to bear as lightly upon her person as possible. Her diseases were *prolapsus uteri*, with its attendant evils, a long standing liver complaint and dyspepsia; she had also a lateral curvature of the spine. Through the influence of a friend—who had been confined to her bed some years by similar difficulties, and had recently left the Institution *cured*—she was induced to seek relief where her friend had so happily obtained it. She was brought many miles by railroad, on a bed, accompanied by a nurse and other attendants. All supporters, &c., were at once dispensed with, and her improvement under the Motorpathic treatment was immediate. On the fifth day, she walked twice through three long halls, and up and down two flights of stairs, and on her returning to her room, said she felt better for the exertion. Three months' treatment restored her to better health than she had before enjoyed since childhood.

Miss ——, aged 24, had been out of health since her ninth year. She had had a cough the previous eighteen months. Her pulse was one hundred per minute, and very irregular. She was very nervous—she had had turns of a bloating of her head with dull, heavy pain in it. She had taken any quantity of medicine, and been under the care of several physicians, but grew worse continually. She had worn pessaries and supporters. On examination the *os-uteri* was found to be twisted to one side, and the abdominal muscles much contracted. Some portions of her spine were very tender; and it was the irritation from this, which was reflected upon her bronchia and lungs, and produced the cough. A few weeks' treatment restored the uterine system to a healthy condition; and as her spine became less irritable, her cough and other symptoms of pulmonary disease decreased. When she left, she was able to take more exercise and longer walks than she had ever before done; her constitution having gained much in power of endurance.

A letter was received from her a few months since, in which she said her cough had entirely left her, and that she was in excellent health.

Mrs. S——, aged 23, received an injury during confinement, which produced *prolapsus uteri*, with much pain and irritation. From the time of receiving the injury, to that of entering the Institution, (three and a half years,) she had been almost entirely confined to her bed. She was unable to walk, and could sit up but a few minutes at a time. The irritation and pain continued, not only in the diseased organ, but extended to the back and limbs also. A portion of the spine was very tender, with great heat and pain, and sometimes a sensation of numbness extended throughout its whole length. She had frequent attacks of headache and vertigo. Any over-exertion produced loss of voice, and faintness. In three weeks after commencing treatment, she went up and down stairs, and soon walked about the grounds, rolled ten pins, &c., &c. Six months' treatment restored her to health.

Mrs. A——, aged 27, had not walked in five years, or sat up more than two hours out of twenty-four. This was an aggravated case of *prolapsus uteri* and its concomitants. She was exceedingly nervous, and strongly inclined to dropsy, having a very fleshy, bloated appearance. In a few days she could walk about the house, and very soon a mile before breakfast, (quite an exertion for a woman of her size in good health,) besides entering with spirit into the calisthenic and gymnastic exercises, bowling, &c., &c. Two months' treatment effected a cure.

Mrs. D——, aged 25, had suffered at intervals from *prolapsus uteri* for several years. For the last fifteen months she had been confined to her bed, unable to get up or lie down, without assistance. She had distress and pain in her head, spine, stomach, side, and bowels. She had sickness at the stomach, and attacks of dizziness, and faintness. The pain in her back and bowels was continual, accompanied with heat and irritation. When she had been under treatment four weeks, she walked three miles at a time, and took much other exercise during the day. She was restored to perfect health.

Mrs. ——, aged 29, had been 5 years affected with *prolapsus uteri*, attended with general nervous prostration. She had also liver complaint and dyspepsia, and was in altogether a very distressed condition, being hardly able to move about her room; and in a very melancholy, depressed state of mind. In four weeks after commencing treatment, she was able to walk several miles, and, at the expiration of a few months, was perfectly restored.

Mrs. T——, aged 37, was brought from a distant State with much difficulty. She had been afflicted with dyspepsia, liver com-

plaint, and *prolapsus uteri* six years, and was quite helpless. She was unable to retain any food, and suffered constant pain and distress in the region of the stomach, side and back. Her mental faculties were much impaired; she was never free from a heavy, distressing pain in her head. On examination, her case was thought nearly hopeless, but as it was the belief of her friends and physician that she could not survive the journey home, a trial was made. To the surprise of all, a very decided improvement was soon discernable, exceeding our most sanguine hopes. In a short time she was able to endure a great amount of exercise, walking and otherwise, daily; and could partake of any wholesome food in reasonable quantities without detriment. After a few months' treatment, she returned home, with a heart full of gratitude, that her last, despairing effort had been so entirely successful.

Mrs. B——, aged 25, had been unable to stand upon her feet for eight months previous to the time of entering the Institution. The lower limbs were susceptible of feeling, but the circulation was very much impeded. They were cold and diminished in size. She had severe spinal irritation, much heat, and pain in the lumbar and sacral regions, together with *prolapsus uteri* and various female difficulties. She received immediate benefit from the treatment, and in a few months recovered her health, and the perfect use of her limbs.

Mrs. H——, aged 33, had suffered from diseased kidneys, liver complaint, and uterine disease four years. She had *prolapsus uteri* to such a degree, that when standing, the uterus protruded externally; by maintaining a recumbent position this difficulty was somewhat alleviated; but two years since she received an injury during childbirth, which occasioned severe pain in the back and side. Pain in the head and oppression of the chest followed. She could not endure to be raised up in bed, nor even to be turned upon her side, without a pillow being placed between her knees. She could speak but a few words, without loss of voice. Her womb

became ulcerated, and she had excessive leucorrhœa. She had much pain in the bowels, and the tenderness of the stomach and oppression of the chest was such that she could not bear the weight of the bed clothing. When she had been under Motorpathic treatment a few weeks, she could walk all about the house and grounds, and roll at ten-pins. Four months after, she returned to her home, restored to perfect health.

Mrs. ——, aged 22, had passed through her first accouchement, which had been a very difficult one, some three months previous to entering the Institution. She had had a *milk leg* and it was somewhat swollen and painful at that time. She was suffering from stricture of the urethra, or more properly speaking, from paralysis of the uterus and adjoining urinary organs, which had been so complete since the birth of her stillborn child, that she had passed no urine without the use of a catheter. The neck of the bladder had become ulcerated probably from some injury done by the constant use of the catheter, which made the passage of the instrument at that time a matter of great difficulty; and there was a prospect of its passage soon becoming impassable, when there would be danger of the bladder bursting from its distention with water, and thus destroying her life. The paralysis appeared to extend through the pelvis, and to embrace all the organs and parts contained within it. The loss of sensation extended to the small of the back and about the hips. The womb was fallen to a considerable extent, and to make the case still more alarming she had a cough and chills and fever regularly; with an hereditary predisposition to pulmonary disease. Treatment was commenced with little hope of success, but relief was immediate. After two days the use of the catheter was entirely dispensed with. She remained three months, and left, cured of her urinary and uterine difficulties, and her cough, fever, and chills had left her. She had a small neck, and was of fragile appearance, and although her constitution and strength had much improved, they had not developed into as much capability of endurance as could be desired. Since her return home, intelligence has been received of her entering into the enjoyments of life and calling herself well.

Mrs. ——, aged 39. Twenty years since she had the measles which left her in ill health and subject to a cough. She had not, to use her own expression, "enjoyed one day of health since." She had had *prolapsus uteri* of a most aggravated character for fifteen years, attended with leueorrhea, flowing, and dyspepsia. Also such a severe urinary difficulty as not to be able to retain the contents of the bladder more than 15 or 20 minutes at a time. She was very nervous and desponding and suffered much acute pain, for the relief of which she had had constant recourse to the use of morphine. Some of the time she was quite deranged and suffered much from pain in the head. Her improvement was immediate; her uterine difficulty was removed; the use of opiates was relinquished, and she gradually regained the constitutional strength necessary to perfect health.

Miss B——, aged 32, had had *prolapsus uteri* for four years, and for more than three years had been unable to bear her weight on her feet or to sit up. She suffered from palpitation of the heart, sickness of the stomach, and pain in the back. Her strength gradually failed till she became unable to turn herself in bed. Her stomach was so deranged as to allow no nourishment to be taken, except a single tea-spoonful of thin gruel at a time. She had so much nervous irritation that she would see no one but her nurse. She was also subject to convulsive fits which her physician had told her must prove fatal, if they continued. Her bowels were obstinately costive; there was also a total suppression of the menses. Her lower limbs were contracted. In this condition she was brought with much difficulty, extended on a board, to this Institution, being unable to assume any other than a recumbent position, or to bear inequalities in the surface beneath her.

In twenty-four hours after commencing treatment, she walked across her room. Her poor mother, on witnessing this, could only raise her hands and exclaim, "It will kill her! It will kill her!" Five weeks after, she was walking up and down stairs, about the

garden and grounds and joining in a variety of calisthenic exercises. In three months she returned to her home in good health, and entered upon her sphere of laborious domestic duties.*

* More cases might be drawn from the register kept at the Institution, where several thousands are entered; the largest number of which are uterine diseases of some kind; but it is thought that sufficient variety is given in the different chapters, and that more would be uninteresting.

CHAPTER XIX.

Simple and Malignant Ulcerations of the Uterus.—Granulations of the *Os-uteri*.—Cases.

SIMPLE ulceration sometimes takes place upon the *os* or *cervix uteri* and in the vaginal membrane. The discharge from these is sometimes more or less foetid; at others it is free from any disagreeable odor. The ulcers are rather superficial than deep; do not degenerate into sloughing; and heal without leaving rugged, indurated edges. I have most usually found them in women of a scrofulous diathesis, and not unfrequently in those in whom scrofulula had made its unmistakable appearance in some other form.

The symptoms of malignant ulceration are so well described by Waller that they will be given in his own words: "A sense of heat in the vagina may be mentioned as one of the earliest signs, varying in intensity; in some hardly deserving the name of *heat*, the natural temperature being but slightly increased, whilst in others the sensation is described as being almost intolerable. A thin, acrimonious discharge is also noticed, its quantity sometimes very small, but the quality remarkably irritating, so that unless cleanliness be observed, the surface over which it flows becomes inflamed, and afterwards exoriated. Soon, however, this discharge becomes purulent, often mixed with blood, and highly offensive. As the disease advances, there are occasional hemorrhages to a serious extent, produced in consequence of the coats of some of the larger vessels being destroyed by the ulcerative process.

"The constitution soon gives way under these repeated drainings, the face becomes pale and sallow, muscular strength is diminished, the pulse feeble and rapid, and, in short, all the usual symptoms indicating prostration of the powers of life are observable. Pain is an uniform attendant on this form of uterine disease, but of a peculiar kind. In cancer, intense and agonizing pains are experienced, and these are described of a lancinating or stabbing character; in the malignant ulcer, they are designated of a burning or sealding kind, so that you could, from that circumstance even prior to an examination, form a tolerably accurate opinion whether your patient were suffering under malignant or cancerous ulceration.

"Malignant ulcer of the uterus commences in that portion of the vaginal membrane which is reflected over the mouth of the womb, soon extends over its whole surface, and, penetrating to the parts beneath, destroys entirely the *os-uteri*; the *cervix* is next attacked, and in some rare cases the female has lived until nearly the whole of the organ has been removed by ulceration.

"Sir Charles Clarke says, "When once the ulcerative process has commenced in this disease, the part attacked by it never as far as the author's experience has gone, recovers its healthy structure, but increased action of the blood-vessels of the *os-uteri*, which would eventually terminate in ulceration, may probably be diminished or controlled, so that the ulceration may not take place, and by such a mode of treatment much advantage is gained."

Another author states, "that though the cure of this ulcer is exceedingly difficult, and notwithstanding it is 'nearly as severe as cancer itself,' yet it has been cured by 'mercury alone, or combined with hemlock, hyoscyamus, and other narcotics.' My own experience induces me to coincide in the opinion of Sir C. Clarke, and I therefore wish to impress upon your minds, I had almost said, the *awful* necessity of attending to the symptoms antecedent to the formation of ulcer."

These malignant forms of ulceration are, it is readily granted, difficult and tedious to treat under any method, yet it is believed that some cases of genuine malignant ulceration, in an advanced stage, have been cured by Motorpathy. Others, in reading the cases, can make up their own minds as to the nature of the diseases described. I am willing to acknowledge that some of them gave me sufficient anxiety at the time.

Many cases of ulceration are cured with very little trouble, but now and then a case of simple ulceration, which does not seem to make great inroads upon the health, is still of an indolent nature, and for a long time resists the efficacy of treatment.

It is well known how obstinate serofulous ulcers sometimes appear on the external portions of the body, and how, for a long time, they resist all efforts to discuss or heal them. Still, after a while they heal of themselves, and the disease remains dormant. Ulcerations of the womb occasionally put on something of the same inertness and immobility. Many cases of purulent leucorrhœa, from insufficient examinations, are mistaken for ulcerations.

Granulation of the *os-uteri*, is a diseased state of the mouth of the womb, where its lips are covered with small bunches, sometimes the size of poppy seed, and from that to the size of hemp seed. These granulations are sometimes soft, and bleed on pressure; at others they are hard. It is generally considered a disease of some obstinacy, and is frequently treated with nitrate of silver. No difficulty has as yet been found, in making this disease yield to Motorpathy,

No case of it has proved so obstinate under treatment, as occasionally a case of ulceration has. Yet, there have but few cases of ulceration left the Institution, to my knowledge, unhealed, and which were not at the time apparently cured; but some have been so obstinate under treatment, that it has been a question when they have healed, whether they were permanently cured, or whether the disease might not again break out at some future period. I can call to mind but one case of the kind which has actually occurred.

Mrs. P——, who left the Institution some twenty months since, had suffered from uterine disease, with an offensive leucorrhea, for several years previous. Upon examination it was found that there was an ulcer on the external surface of the *cervix-uteri*, extending more than half the distance around it. The body of the uterus was no longer than natural, and but little smaller, but was soft and flabby. The discharge was but slightly tinged with blood, and that not constantly, but it was very offensive and irritating to the vagina and external parts.

Her improvement under treatment was satisfactory. The ulcer healed in a few weeks, leaving a smooth indentation of surface, with a slightly roughened edge. The body of the uterus gradually grew firm, and nothing was observed in the functions of the uterine system, to indicate that it was in other than a normal, healthy state. What occasioned herself and friends the most alarm, and for which she entered the Institution, was epilepsy. She had been afflicted with it some years—her mind suffered from it, and it was increasing upon her. She remained seven months, and has not since had an attack of epilepsy. I heard from her a few weeks

since, and she is again troubled with slight leucorrhea and excessive external irritation. What an examination would disclose, I cannot say.

Miss ——, aged 23, of a scrofulous lymphatic temperament, had walked but few times across her room in two years, and had set up but little during that time. She had great heat in the back—pain in the head—cold hands and feet—pain in the pelvis, with a dragging sensation, greatly aggravated when standing, and a very offensive purulent leucorrhea. On examination, the whole *os-uteri* was found to be in an ulcerated state, and there was a large ulcer on one side of the vagina.

At the expiration of the first month of treatment, the ulcers were unhealed and but very little diminished—discharge but little foetid—general health improving—walked up and down stairs and about the grounds.

Second month—ulcer on the vagina healed—*os-uteri* nearly healed—leucorrhea scarcely perceptible—strength improving—walks a mile daily—exercises in calisthenics half an hour at a time, three times a day, bowed, &c., &c.

Third month—*os-uteri* had become sound, but not perfectly so—until nearly the last of it. The lips of the *os-uteri* nearly obliterated—constitution improving, but is lax in muscle—wants energy.

Miss ——, aged 31, had not walked in eight years. Her parents being wealthy, had spared no care nor expense for her recovery. Many physicians had attended her. She had worn braces, supporters and pessaries.

On examination, a pessary was removed with difficulty. It was badly encrusted, and the stench from it was almost intolerable. The vagina was badly excoriated, and the *os-uteri* in an ulcerated

state. The body of the uterus was much enlarged. The spine was very sensitive on pressure, in a number of places. She had pain in the head, giddiness, loss of memory and turns of great weakness and prostration. Her digestion was bad, her spleen enlarged, and her countenance sallow and cadaverous. Her catamenial periods were irregular and very painful. Her improvement under treatment was slow, and with some interruption. Her mind was weakened as well as her body, and required constant stimulation.

When she had gained sufficient strength to walk, distrust of her own powers rendered it impossible for her to do so. She was two months learning how to go up and down three steps; when that was accomplished, she could walk all about.

Astringent lotions, followed by soothing ones were moderately injected for the purpose of cleanliness. This course was followed some weeks, until the excoriated parts healed, and the leucorrhea became less abundant and offensive. The uterus was reduced to its natural size in less than two months, but the *os-uteri* was not perfectly healed until near the end of the fourth month. There was no energy of mind or body; all was dull, inert, motionless. When the uterus once healed, there was no more uterine derangement. The catamenial periods were without pain, and she had no leucorrhea. The *os-uteri* was obliterated, the cervix short, puckered, and pervious. She eventually acquired a good degree of bodily and mental vigor, walked miles at a time, and joined with spirit and animation in a variety of exercises. She returned to her home in good health, after spending nearly eleven months at the Institution.

Mrs. ——, aged 36, had been, five years previous to entering the Institution, taken with distressing paroxysms of pain, commencing in the stomach, and extending through the bowels and back. These attacks occurred at first about once a month, and then less frequently. They appeared to have connection with the menses. Occurred but two or three times during menstruation. At first, they lasted but two or three days. But at length the pain

from one attack lingered on until she was taken with another, being only varied with times of greater or less severity. During these severe attacks, her bowels were very costive. Her family physician had given her, at such times, cathartic medicine enough for ten persons under ordinary circumstances, without much effect. Later, these paroxysms of pain were confined to the lower part of the bowels, with great heat, and smarting, scalding irritation. Her urine was small in quantity, very high colored, and voided with extreme pain. She had recently had frequent attacks of diarrhea, which prostrated her very much. These continued during the first weeks of her treatment, and occasioned much alarm. She was quite emaciated, her countenance sallow and cadaverous, but with much native energy of character and constitution. On examination, her uterus was found to be enlarged, and of a hard, knotty feeling, the *os uteri* was ulcerated, and the discharge was very offensive, and extremely irritating to the vagina and external parts. This discharge was more or less tinged with blood at all times, and several times during the course of her treatment, pieces of white membrane from two to four inches in length, passed her vagina. In this case, free use was made of laudanum, in some emollient preparation, as thin starch, slippery elm, &c., moderately injected both into the vagina and anus, to allay the pain, and keep the parts from being excoriated by the discharge from the uterus, until Motorpathic treatment could be brought to effect a change in the system, and bring on a combined and vigorous action in the uterus. The discouraging aspect of the case, gave at times great anxiety, but the patient was hopeful and courageous, and at the expiration of four months, she returned to her home, not entirely free from pain and heat in the uterus, but free from all discharge from the vagina, and the uterus reduced to its natural size, and without any perception of the hard knots in its substance. The urine became healthy, and was voided without pain, and her health altogether so much improved, as to enable her to enter again upon her domestic labors for the household, without assistance. She had lost a sister by cancer. In a letter received from her a year after leaving the Institution, she says: "I am quite well at present, and have been during the extreme warm weather of the past season, with the exception of some heat in the lower part of the abdomen."

Mrs. ——, aged 29, had been in ill-health eleven years. Her first difficulty was a pain in the spine, just below the hips, attended with leucorrhea. After two or three weeks a cough came on, with attacks of severe pain through the lungs, and in the spine between the shoulders. This cough and pain in the upper part of the spine, alternated with the pain in the lower part of the spine; when one was worse, the other being better. She sometimes made large quantities of urine, at others there was a complete retention of it, a catheter having to be used for months together. She had had three abscesses within the year previous, one on each side, and one on the left limb. She complained of chills and fever, had an accelerated pulse, but apparently more from nervous than febrile excitement.

She had been very costive during the whole period of her ill-health, and for the last eight years she had had no passage from the bowels without use of enemas. She had painful menstruation, for relief from which she had at several times submitted to an uterine operation. Her digestion was weak, her stomach refusing other than the most simple food. These accumulated difficulties had prostrated her upon the bed, to which she had been confined many years.

Upon examination by stethoscope her lungs were found to be sound. Her cough was sympathetic. Her spine was found to be tender in many places, and to be curved or twisted at the hips. This had occasioned pressure upon the sacral nerves, and obstructed the passage of the *rita-motore* power from the brain to the pelvis, and caused all the organs within that cavity to become torpid and the uterus to become diseased. The body of the uterus was found to be enlarged and hardened but of a smooth, even surface, and the *os-uteri* to be covered with hard granulations. The organ was fallen so low as to rest upon the perineum.

During the first month of treatment, the uterus was very nearly reduced to its natural size, and caused not only to assume, but to maintain its upright position under all circumstances. The granulations were many of them dispersed, others were lessened—the irritation of the spine had nearly subsided—the cough slight. The general health improved, enabling her to walk about the house and

with a little assistance up and down stairs and about the grounds. Menstruation came on with little pain—passage of stools regular without the use of enemas, since the first four days of treatment. Second month improved rapidly—granulations entirely disappeared—leucorrhea also—uterine functions appeared perfectly healthy—food digested well—cough scarcely noticeable—some pain in the spine—no trouble of passing urine since the first week of treatment—walked from half a mile to a mile at a time—several times a day joins in calisthenics, rolls at ten-pins, &c., &c. Left in the middle of the third month cured.

CHAPTER XX.

Uterine and Ovarian Tumors.—Cases.

THE uterus is subject to many varieties of tumor, there being a number of the cancerous kind, beside polypus, a tumor usually attached to the *cervix-uteri*, and filling the vagina as it increases—fibrous tumors, either attached to or imbedded in the uterus—calcareous tumors, which are a concretion of stone-like substance more or less compact—simple engorgement or enlargement, where the surface of the uterus is uniform and less hard than when the tumor is scirrhus or fibrous, and several other varieties.

The ovaries are subject to about as many various forms of tumors as the uterus. It is often very difficult to determine, whether a tumor is attached to the upper part of the uterus, or whether it belongs to the ovaries. Sometimes a tumor in one of the ovaries co-exists with a tumor of the uterus.

The tumors of the two organs are perhaps about equally unmanageable and difficult of cure, with the exception of simple enlargement of the uterus, which frequently attends *prolapsus uteri*, and is comparatively easily reduced.

It is not claimed for Motorpathic treatment, that by it, all tumors, in whatever stage of progress, can be reduced; but by its vitalizing process, complete absorption of the tumor has been caused to take place, in many cases which were thought beyond cure; and many have been relieved, the tumor very much lessened and their lives made comfortable, in whom a cure was not effected.

Mrs. ——, aged 47, applied to the Motorpathic Institution for relief from a disease of the uterus, which caused her great suffering. She had never had children. Her most distressing symptoms were pain in the uterus, leueorrhea, with painful hemorrhoids which ocea-

sionally bled profusely, and smarting pain and heat in passing urine, which could be retained but a few minutes when in a recumbent position, and on sitting up, the desire for urinating was almost constant. Her pulse was but little accelerated and her digestion but little impaired. She was very constipated, and passages from the bowels were attended with much pain. On examining, a tumor was found lying in the posterior part of the pelvis as large as a pint-bowl. It was with some difficulty that the *cervix-uteri* could be found. It was turned to the pubis with the *os-uteri* pointing obliquely upwards. The *cervix-uteri* was enlarged and rigid with a rough surface, appearing like hard granulations. The tumor was attached to and extended from the *cervix*, in all directions as far as could be felt, and appeared to be the whole body of the uterus. It was hard and the surface uniform, with the exception of a ridge about midway between the *cervix* and *fundus*, which seemed like a fold in the external covering of the *uterus*, or like a large blood-vessel passing around it. When the *uterus* was partially turned, so that the finger could enter the *os-uteri*, something hard and sharp could be felt protruding within the *cervix*. The lower part of the rectum was one mass of knotty hemorrhoids.

She remained under treatment three months, during which time she improved so much as to be almost entirely relieved from pain. The tumor of the uterus was very much lessened in size, and the external portion of it more soft and yielding, but within the *cervix-uteri* the same hard-pointed substance was observable. Did not succeed in making the uterus assume an upright position, owing, probably, to the weight of the tumor. It was surprising to see her so free from pain, while the uterus remained in a fallen and partially retroverted state, with the weight and pressure of the tumor superadded. But the hemorrhoids had disappeared, circulation had been established in the hemorrhoidal veins, the surface of the rectum was soft and smooth; she was perfectly free from piles of any description—was not so successful in obviating all the effects of pressure upon the bladder; occasionally she had slight pain in urinating, with some heat, but most of the time she was free from pain in this particular. The bladder had to be emptied often. Usually she had to rise once in the night to pass urine. In the

latter part of her stay, she walked with comfort many miles in a day, beside bowling, &c., &c.

Mrs. ——, aged 40, had been taken, some years previous, with pain in the nterus, sometimes sharp and lancinating and at others more dull. Severe pain occasionally passed down the left limb, and extended to the hollow of the foot. She suffered extremely from strangury—the urine escaping almost constantly. The mind suffered deeply. Strength and vivacity of intellect had been succeeded by nervous excitability and depression of spirits. From the first of her disease, she had been able to stand upon her feet but little, and the last few years she had been confined to her room. On examination, the uterus was found lying cross-wise of the vagina in a retroverted position, and the *os* and *cerrix-uteri* covered with small, hard tumors or granulations which were painful on pressure. About one-half of the fundus was indurated.

She remained seven weeks under treatment and during that time the tumors and induration had entirely disappeared—the uterus was caused to maintain its natural position, relieving the urinary organs from its pressure, and thus obviating the strangury. Her general health and strength was restored, so that she walked from four to six miles daily, without fatigue, beside taking many gymnastic and calisthenic exercises.

Mrs. ——, aged 42, had been out of health eleven years, and confined to her bed a large portion of the time. During this period she had had three attacks of bilious fever and three of inflammation of the lungs, in successive years. These, of course, had impaired her constitution, and the inflammations of the lungs had rendered her subject to a cough on every slight exposure.

The last seven years, she had been subject to diarrhea from which she was seldom free. Her digestion was very weak, and she suffered almost constantly from palpitation. She had a large tumor in the abdomen, which the many physicians, whom she had consulted, had agreed in calling an ovarian tumor. It lay so near the back, that pressure upon the spine would change its abdominal presentation. It could be felt *per vaginam*, resting on the pelvis.

She remained under treatment ten weeks when, owing to domestic circumstances, she was obliged to return to her family. The tumor had lessened more than one-half, and her general health had so much improved that she walked from one to two miles daily, and took a moderate amount of other exercises.

Mrs. ——, aged 30, had been out of health ten years, and had been attended during the time by twelve different physicians. She was first taken with a very acute pain in the side, shooting across the abdomen, and at the end of three months she became unable to walk. This inability to walk continued nine years.

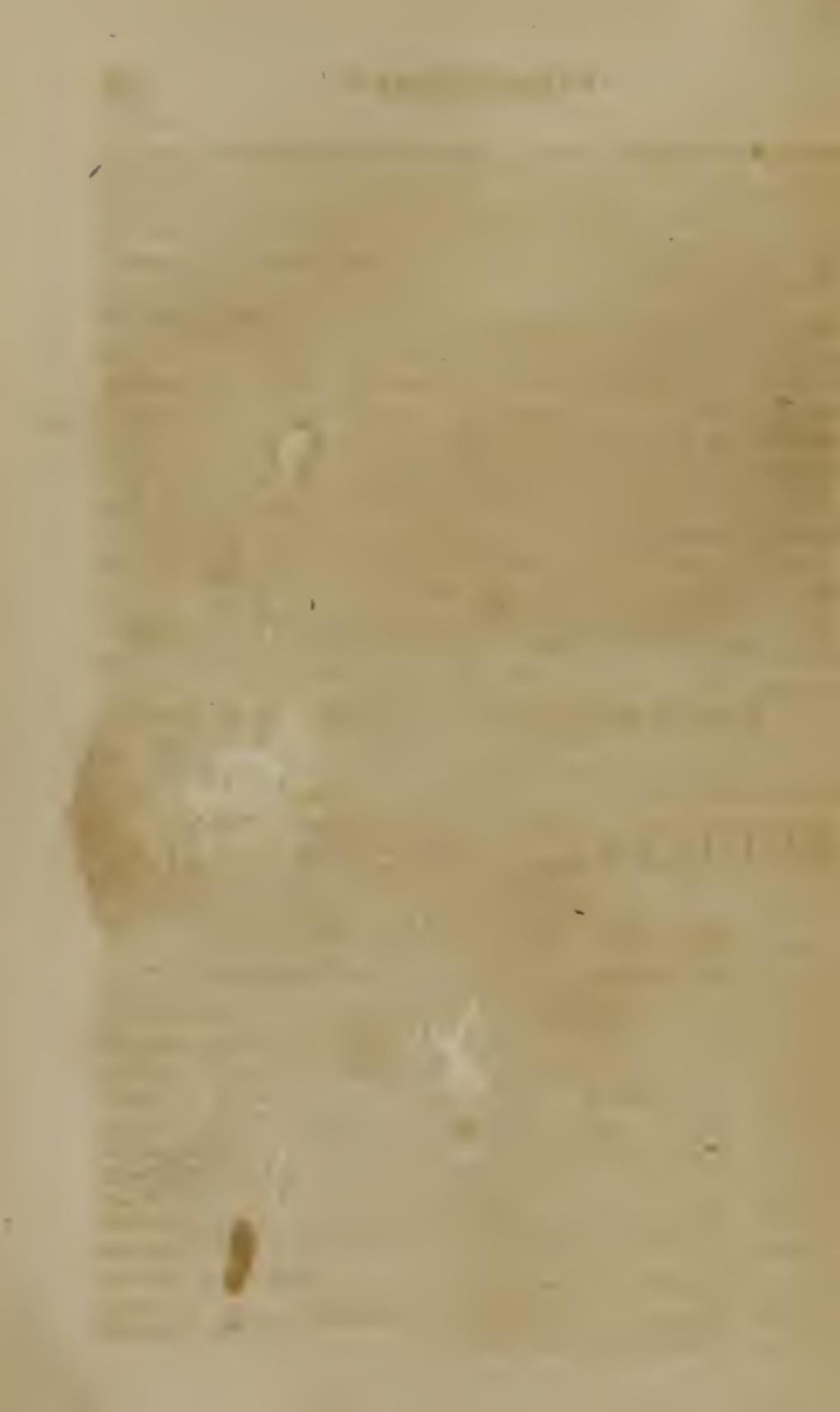
The previous three months she walked around her room a little. She had been unable to rise from a horizontal position, except occasionally to change it for an easy chair, made reclining, with the feet raised. She complained of a constant and very severe pain in the lower part of the bowels, through the pelvis and loins and extending down the limbs. She had no cessation of pain, but it was greatly aggravated by standing upon the feet. She had occasional paroxysms of severe pain at the top of the head, which she described as passing up her back. She had suffered from indigestion a few years back, and complained of being cold and chilly. Her circulation was but little altered. Her spirits were variable, being sometimes high and sometimes very much depressed. She was subject to attacks of great aggravation of pain, attended with much nervous excitement.

On examination, the uterus was found to be enlarged to more than twice its natural size, and to be in a retroverted position.

The body of the uterus was very hard to the touch, the finger making but a very slight impression upon its surface. The *os-uteri* was thrust forward and upward, lying considerably higher than the body of the uterus. The posterior lip of the *os-uteri* was very much enlarged, rolling over, with a hard, indurated edge. Treatment gave immediate relief. Within the first month, the paroxysms of pain had nearly disappeared, the uterus was about one-third reduced in volume, and she walked up and down stairs, about the garden and grounds, and joined in calisthenic exercises for half an hour, twice in the day.

During the next month, the uterus was reduced to its natural size, both the body and the *os-uteri*; and to its natural shape and texture. The posterior lip had become soft and natural to the touch, and the organ maintained its upright position under all circumstances. She took considerable exercise, walking, bowling, &c. Two-and-a-half months after entering the Institution, she returned to her home and to her domestic duties, in comfortable health.







ROUND HILL WATER-CURE

AND

MOTORPATHIC INSTITUTE,

NORTHAMPTON, MASS.

Is surrounded on two sides by forty acres of forest park, which affords a most refreshing shade during the warm months, and protection from the winds in winter. In all the local advantages which render attractive an institution for invalids, or a summer retreat for families or parties seeking relaxation and pleasure, this stands alone and unrivalled. Its inimitable landscape has acquired for it a wide reputation. Jenny Lind, after a three months' stay, called "*Round Hill, the Paradise of America.*"

For the gratification of rural tastes and real enjoyment, it possesses many advantages over most "watering places." Families from the large cities and from the South and West, find in it a lovely, and in every respect, desirable summer residence. The carriage drives in the vicinity present a

The above Cut represents the extent, though not the form of the buildings, the plan of which is not yet fully carried out.

charming variety of romantic mountain scenery. Parents, desiring that their children should possess good constitutions on entering youth or adult age, would find that a few months' residence in the bracing mountain air of Round Hill, with its systematic, invigorating exercises, would put them in possession of greatly enhanced powers of endurance; and their whole life would be likely to be more energetic, from the impetus thus given to physical development.

The water supplying the Institution is obtained from living mountain springs, and is noted for its softness and purity. The Bathing facilities embrace every modern improvement for the medical application of it.

One of Professor M. Vergnes' Electro Chemical Baths, for extracting from the human system all metallic substances, whether taken as medicine or otherwise absorbed, has also been procured and is in successful operation.

Dr. H. HALSTED, the proprietor, (formerly of Rochester, N. Y.,) devotes himself to the cure of all kinds of Chronic Disease. Having been for twenty years at the head of a Hydropathic Institution, and within that time having treated many of the most complicated cases, he has had an opportunity, which he trusts has not been unimproved, of acquiring skill in the management and control of protracted and difficult complaints.

The subjoined list of diseases, some of them in their worst forms, have been cured in the Institution during the past year:

Scrofulous Enlargements,	General Debility,
Prolapsus Uteri,	Retention of Urine,
Spermatorrhea,	Epilepsy,
Congestion of Uterus,	Chronic Inflammation of Stomach and
Disease of the Heart,	Bowels,
Hip Disease,	Gastralgia,
Leucorrhea,	Enlargement of Ovaries,
Chronic Diarrhea,	Loss of Voice,
St. Vitus Dance,	Hypochondria,
Piles,	Diabetis,
Inflammatory Rheumatism,	Chronic Bronchitis,
Chlorosis,	Spinal Irritation,
Partial and General Paralysis,	Liver Complaint,
Enlargement of Spleen,	Curvature of Spine,
Syphilis,	Hysterical Fits,
Gout,	Disease of Kidneys,
Catalepsy,	Partial Insanity,
Chronic Catarrh,	General Cachexia,
Stone in Kidney and Bladder,	Pruritus,
Dyspepsia,	Rickets,
Retroversion of Uterus,	Suppression of Menses,
Neuralgia,	Sick Headache,
Incipient Consumption,	Weakness of the Joints,
Jaundice,	Apoplexy,
Ulceration of Uterus,	Softening of the Brain,

Inflammation of Eyes,
Dropsy,
Chronic Asthma,
Hydrocephalus,
Enlargement of Tonsils,

Hemorrhage of Utrus,
Bleeding at the Lungs,
Lepra,
Fibrous Tumors,
Diseases of the Skin.

He continues to pay particular attention to WOMAN'S Diseases and Weaknesses. A relation of the success which has attended his method of treating such complaints by his system of Motorpathy, could not be expected to obtain credence from those not cognizant of the facts; but he cannot refrain from saying this much, that his system is founded on new pathological principles, and that by it, permanent cures are effected with an ease and certainty heretofore unattained by any system of therapeutics.

His success in the treatment of Spinal Disease, in which he has had unusually large experience, and of the many dangerous affections growing out of it, are evidence of the superior efficacy of his method; as is also his success in the treatment of Paralysis, Disease of the Joints, and Loss of the use of Limbs. Many under his care have been made to walk, whom it was supposed would be helpless for life.

In cases of Incipient Consumption, Chronic Bronchitis, and other Affections of the Lungs and Air-passages, he has long practised the inhalation of Medicated Vapors, in combination with Hydropathy and Motorpathy. By these means many obstinate cases, which had resisted everything else, have been restored. To those who have induced Chronic Affections of the Throat, by exposure, by public speaking, or by over exertion in business or study, the system here employed is peculiarly adapted.

There is a Gymnasium, Billiard Room, and Bowling Alleys for the use of guests. Gymnastic and Calisthenic exercises are of the utmost importance for the expansion, development and healthy action of the Lungs and various other organs, and in some cases are indispensable. Many different modes are used to excite bodily and organic action, and thus to equalize the circulation and to aid the secreting organs and vessels of the system, without incurring the baneful reactive effects of powerful and injurious drugs.

Northampton is accessible by railroad from all parts; in four hours from Boston and Albany, and five hours from New York.

Dr. HALSTED takes pleasure in referring to the following-named persons, from whom satisfactory information in regard to the Institution may be obtained:

- Rev. Dr. Allen, Northampton, Mass.
- A. Wood and Lady, " "
- I. I. West, Esq. " "
- Oscar Edwards, " "
- Mrs. Samuel Dana, Bulfinch Place, Boston.
- Capt. E. H. Baker, Boston.
- Rev. N. Hall, Dorchester, Mass.
- Rev. J. P. Cleveland, D.D., Lowell, Mass.
- Hon. C. Dyer, Hanover.

Freeman Whitwell, Esq., Fairhaven, Mass.
H. A. Howland, Esq., Providence, R. I.
P. W. Gardner, Esq. " "
Mrs. J. L. Clark, " "
Harrison Barrett, Esq., Waterville, Me.
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W. G. Frye, Esq., Rockland, Me.
N. D. Chamberlain, M.D., Keene, N. H.
J. W. Frink, Esq., Swansey, N. H.
A. G. Dana, M.D., Brandon, Vt.
E. A. Parker, Esq., Hartford, Ct.
Hon. Julius Pratt, Meriden, Ct.
Mrs. C. Terry, Enfield, Ct.
Dexter R. Wright, Esq., Meriden, Ct.
I. P. Post, Esq., Deep River, Ct.
J. B. Treadwell, Esq., St. Nicholas Hotel, N. Y.
W. D. Abbatt, Esq., 441 Broadway, " "
Jos. Tucker, Esq., A. T. Stewart's, Broadway, N. Y.
F. W. Hunt, M.D. and Lady, " "
Rev. J. P. Hovey, 199 Fifth Street, " "
C. W. Robert, Esq., No. 7 Lafayette Place, " "
Geo. Palen, Esq., 87 Gold Street, " "
H. Leavitt, firm of Rohe & Leavitt, Maiden Lane, N. Y.
Rev. T. R. Chipman, Astoria, N. Y.
Prof. Geo. Bush 204 Henry Street, Brooklyn, N. Y.
J. O. Morse, Mansion House, " "
Deacon Page and Lady, Cattskill, " "
Mr. Pierce and Lady, Cattskill, " "
Jas. Clark and Lady, Hudson, " "
D. R. Hudson, Esq., Blooming Grove, " "
G. C. Burnap, Esq., Poughkeepsie, " "
Benj. Smart, Esq., Mabbettsville, " "
Miss P. A. Comstock, " "
S. S. Britton, Esq., Stanwix Hall, Albany, " "
Abram Austin, Esq., Syracuse, " "
A. J. Hanna, Esq., Clifton Springs, " "
J. B. Ellwood, M.D., Rochester, " "
H. S. Allis, P.M., " "
D. J. Halsted, Esq., " "
Edw. Sage, Esq., " "
Jno. A. Pitts, Esq., Buffalo, " "
E. Sacket, Esq., Cleveland, Ohio.
S. D. Ellwood and Lady, Detroit, Mich.
B. B. Northrup, Esq., " "
J. C. Dodge, Esq., Chicago, Ill.
Timothy Wright, Esq., Chicago, Ill.
Judge Comstock, Liberty Mills, Ia.

Rev. J. D. Fulton, St. Louis, Mo.
Geo. P. Plant, Esq., St. Louis, Mo.
Prof. Norman Robinson, Louisville, Ky.
H. H. Lee, Esq., Manchester, Va.
D. Willcox, Esq., Augusta, Ga.
J. W. Morrell, Esq., Savannah, Ga.
V. R. G. Ross and Lady, Savannah, Ga.
Waterman Palmer, Esq., Pittsburg, Pa.
Doct. G. Bailey, Ed. National Era, Washington, D. C.
D. A. Hyde, Esq., Charleston, S. C.
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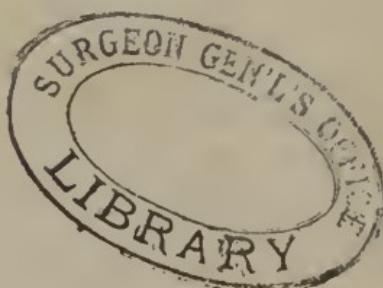
Dr. H. HALSTED respectfully solicits from physicians the continuance of their influence and patronage. He invites them to call and test the merits of the practice at Round Hill and witness its results.

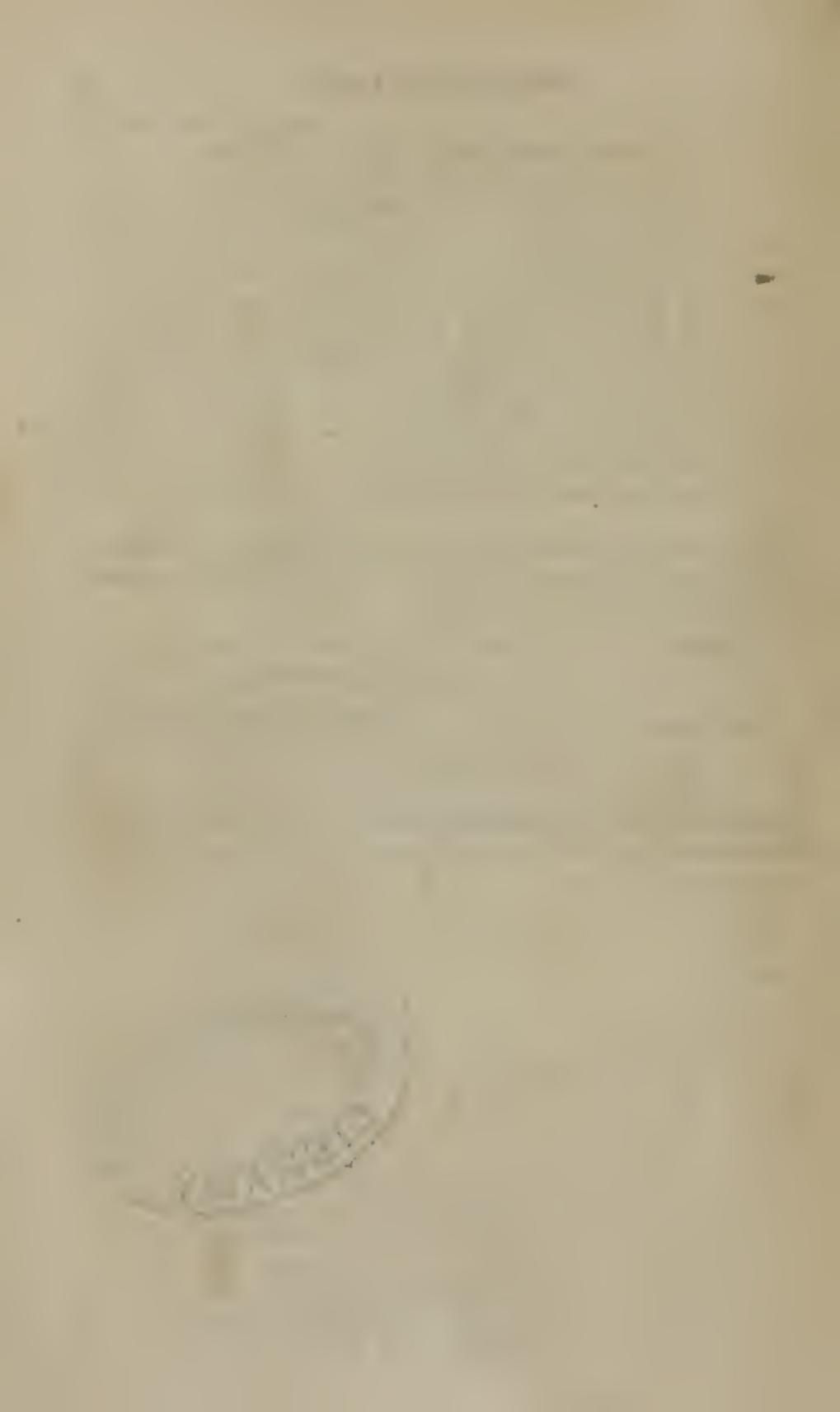
Address,

H. HALSTED, M.D.

Round Hill, Northampton, Mass.

Circulars sent free to any address on application; and "Motion — Life," postage-free on the receipt of six letter-stamps.





Opinions of the Press.

This morning, Dr. Halsted, a resident of this city for some twenty years past, more or less, left for his new location in Northampton, Massachusetts.—While resident here, the Doctor has been actively engaged in ministering to bodies diseased, and with marked success. In all that pertains to the successful management of a Water-Cure Establishment, he is *au fait*, of which fact, those with whom he is to form an association, will have abundant evidence as he progresses in his new enterprise. Northampton is one of the most delightful of New England villages, and if ailing people, under the treatment they will receive from the Doctor, cannot improve, their condition may be regarded as precarious indeed. Certain we are, that we but give utterance to the common sentiment, in saying that the Doctor carries with him the regrets of a large circle of friends here, as also their best wishes for his success in the new field of labor to which he has repaired.—*Union, Rochester, N. Y.*

ROUND HILL WATER-CURE, NORTHAMPTON, MASS.—The fame of this celebrated establishment is now so extensively diffused, by the successful treatment which invalids of all classes have received at the hands of Dr. Halsted, that it is hardly necessary to call attention to his method of treatment. There is no State in the Union, and hardly a city or town of any prominence, among whose inhabitants the proprietor of the Round Hill Water Cure may not count his patients, to whom the Doctor refers in his circulars, as the best mode of satisfying strangers of his success in the treatment of invalids.—*Newark Journal.*

Round Hill has long been known as possessing local advantages probably unequalled by any other site in the country. Its beautiful scenery, delightful landscape views, pure mountain spring water, fine carriage drives, and extensive forest parks, render it a charming retreat, both for the pleasure seeker and the invalid. Under the management of Dr. H., whose long experience and eminent success in the treatment and cure of chronic diseases, has given him an extended reputation, it has been necessary to enlarge the hitherto spacious buildings of the Institute, to accommodate the large number of patients who yearly visit it from all parts of the Union. In addition to this, the whole establishment has been undergoing the most thorough repairs, embracing all the modern improvements, making it one of the most extensive and complete Water Cures in the country. It is open all the year, patients being as successfully

treated in summer as in winter. Dr. H. refers to a large number of our most respectable citizens, who testify to his professional skill, and the many advantages of the institution of which he is the principal physician and head.—*Journal & Courier, New Haven.*

His success in the treatment of disease is undisputed.—*Trav. Boston.*

The references which the Dr. is always ready to submit, and his general reputation as a Hydropathic and Motorpathic practitioner, of great success, are sufficient guaranties of his merit.—*Boston Post.*

His system of treatment has been approved by some of our most intelligent citizens, and has received the most flattering commendations in all parts of the country.—*Journal, Providence, R. I.*

ROUND HILL WATER CURE HOTEL.—Among the Institutions for the cure of Chronic Diseases that baffle the application of all ordinary remedies, and the skill of the most scientific physicians, there is no cure that stands higher than the Round Hill Water Cure Establishment, at Northampton, Mass. The mode of treatment adopted has been successful in relieving of disease and protracted suffering and restoring to vigorous health those who had abandoned hope and led a life of seclusion from all the pleasant scenes where health delights to dwell. Dr. Halsted, the physician and proprietor of the Institution, commends himself to the confidence and patronage of invalids only so far as experience has demonstrated his eminent qualifications to manage and control disease. He offers certificates of hundreds who have placed themselves under his care; and from well known citizens of St. Louis, whose domestic joys were long clouded by sickness that all art failed to dissipate, we have learned that Dr. Halsted and his mode of treatment have been successful in effecting a radical cure, perfect and permanent. Northampton is one of the most charming watering places in the country—full of allurement to the seekers of pleasure, not less than to those who seek the boon of health. The grounds are picturesque—the buildings commodious and eligibly placed—the surrounding country and scenery romantic—the drives varied and seductive—the climate charming, and the air exhilarating and bracing. No summer resort surpasses it in loveliness and in all the resources calculated to gratify the tastes and promote the comfort of visitors. Amid such scenes, under the guidance of a judicious and experienced physician, health comes willingly back, and the sick of either sex become as fresh and blooming as a healthy child.

St. Louis Republican.

Baileys

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MOTORPATHY, AND MOTION,—LIFE.

COMBINED AND REVISED FROM FORMER EDITIONS.

BY
H. HALSTED, M. D.

“I would strengthen you with my mouth.”—JOB.



METCALF & COMPANY, PRINTERS.

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